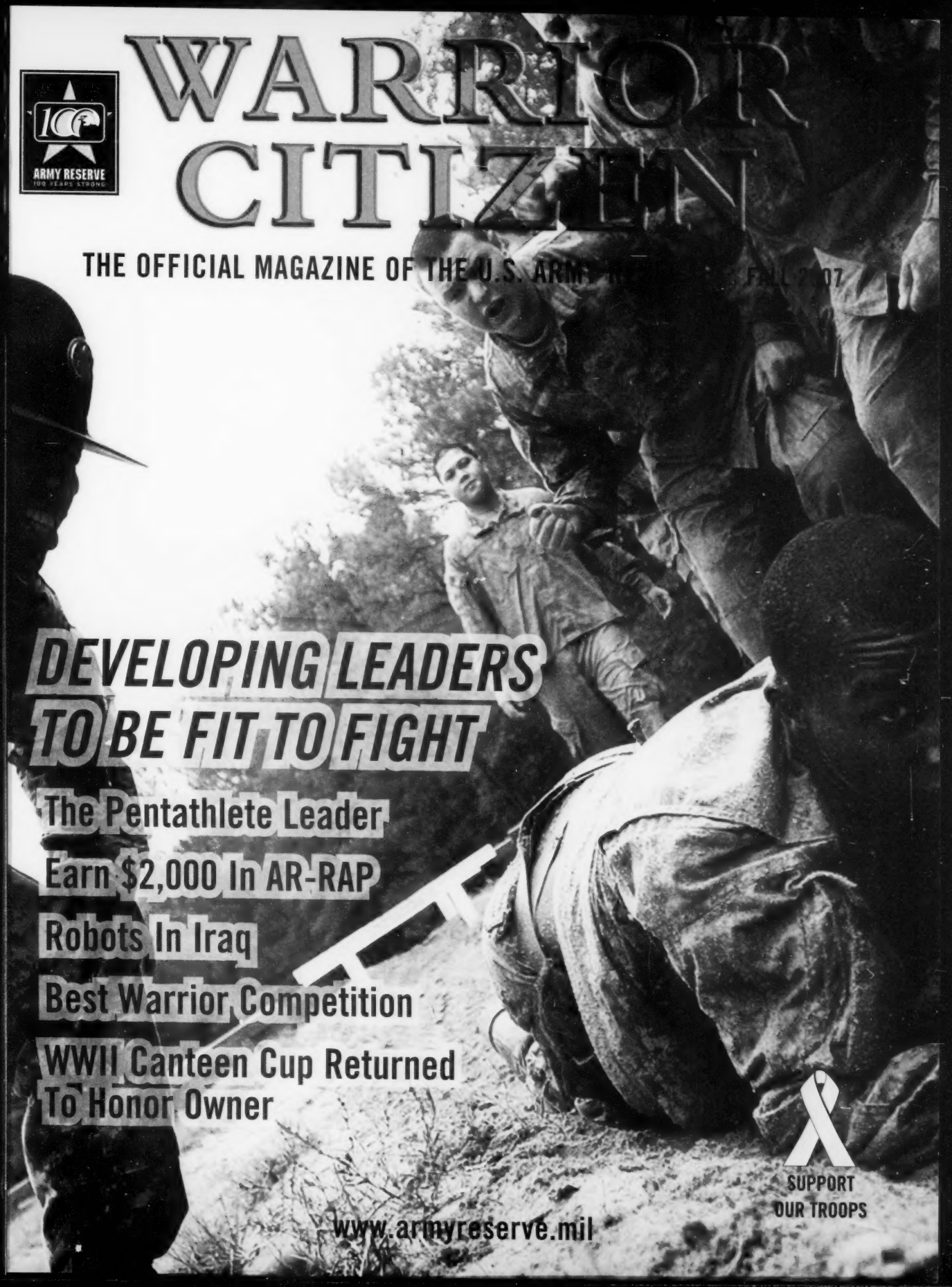
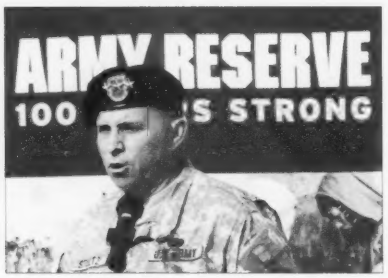

ARMY RESERVE
100 YEARS STRONG
WARRIOR CITIZEN
THE OFFICIAL MAGAZINE OF THE U.S. ARMY
FALL 2007
DEVELOPING LEADERS TO BE FIT TO FIGHT
The Pentathlete Leader
Earn $2,000 In AR-RAP
Robots In Iraq
Best Warrior Competition
WWII Canteen Cup Returned To Honor Owner
SUPPORT OUR TROOPS
www.armyreserve.mil

WARRIOR-CITIZEN

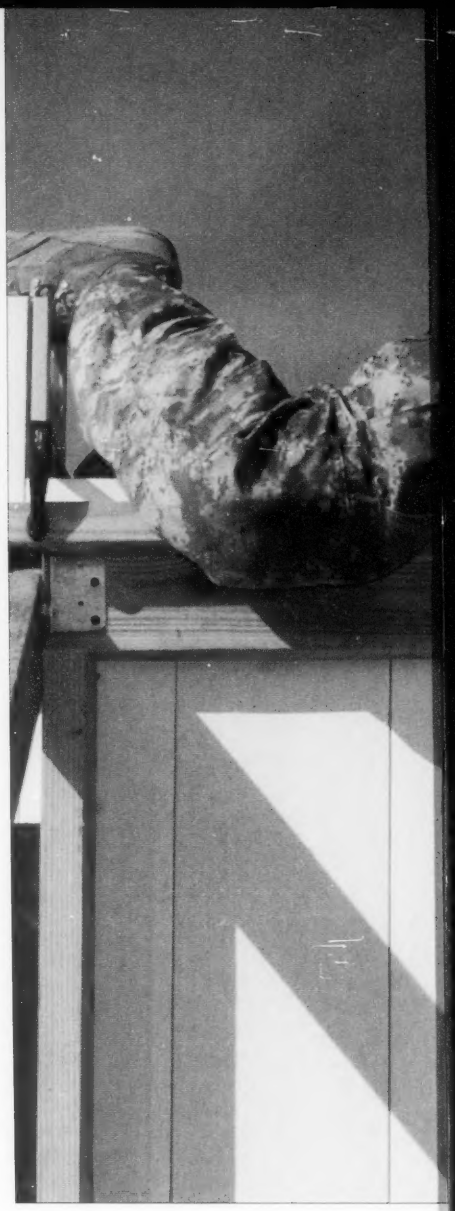
Fall 2007 Vol.53 No.1 www.armyreserve.mil



8
The Pentathlete Leader

16
War Zone Humor

18
Robots in Iraq



ON THE COVER

Sgt. Primus Brown, a drill sergeant, offers words of encouragement to a trainee negotiating the obstacle course at Fort Benning, Ga. (PHOTO: DAVID DISMUKES)

UPPER RIGHT

Pfc. Jim Hartenstine, Co. C, 961st Engineer Bn., adjusts fasteners on the school building's wooden wall supports at the Higueron site during humanitarian assistance operations in Panama. (PHOTO: JACK GORDON)

Also on the cover: The yellow ribbon symbolizes our commitment to honoring those of our Army Reserve Soldiers who have fallen, those who are missing and those who are serving around the globe. It will appear on each issue until they all come home.

Since 1954.

Warrior-Citizen is an authorized Department of the Army publication, published quarterly by the Chief, U.S. Army Reserve, ATTN: DAAR-ZXP, 2400 Army Pentagon, Washington, DC 20310-2400 in accordance with Section 10210, Title 10, USC. The Secretary of Defense has determined that the publication of this periodical is necessary in the transaction of public business as required by law. Use of funds for printing this publication was approved by the Secretary of the Army on September 2, 1986, IAW provisions of AR 25–30. Opinions expressed herein do not necessarily reflect those of the Department of the Army or the Chief, Army Reserve, nor should they be construed as official policy or directive in nature. Local reproduction of all materials is approved, except for copyrighted articles or photos.

NEW LOOK: *WARRIOR-CITIZEN* MAGAZINE

EDITOR'S NOTE

Welcome to the newly redesigned *ARMY RESERVE MAGAZINE*, now known as *WARRIOR-CITIZEN* Magazine. Not only does the magazine have a new name, it has a new updated look. This is the first such change since 2002. This re-design gives the magazine a more modern, contemporary appearance designed to attract more readers.

The photographs are larger and the articles more interesting. We have included a special feature article in the center of the magazine. When submitted articles are too lengthy for the print edition of the magazine, we will place the full article in an on-line edition of the magazine. Articles that have a more immediate need for publication will appear on the Army Reserve website. We post articles on the Army Reserve website due to the long lead time to publish the print edition. Each upcoming issue of the magazine will have a specific theme and will continue to have our News, Features, and People sections. Some of these changes will occur in this first edition while other changes will appear gradually in future issues.

Highlighting this issue is the Chief, Army Reserve's article on the Pentathlete Leader, a new breed of leader for the 21st century environment. Also included are articles from such diverse locations where Army Reserve Soldiers are deployed, from Iraq to the Horn of Africa to countries in Central America. The authors report on how our service members are assisting the local populace in conducting humanitarian assistance operations, improving the quality of life and sharing knowledge and skills while partnering with a foreign military.

Warrior-Citizen Magazine will continue to rely on submissions from Army Reserve Soldiers, Family members and Department of the Army Civilians who make up our readership.

You are in the areas where the operations and events are happening. Your excellent stories and photos are anticipated and appreciated. Keep them coming.

We hope you will find this inaugural issue of the *Warrior-Citizen* to be both interesting and informative.

Paul Adams
Editor in Chief

WARRIOR-CITIZEN

Fall 2007 Vol.53 No.1 www.armyreserve.mil

23
Tradewinds 2007

24
Estamos Unidos

40
Lost WWII Canteen Cup

DEPARTMENTS

6 NEWS
14 FEATURES
18 LEADERSHIP
28 PEOPLE

ON THE BACK COVER

How to earn $2,000. The Army Reserve Recruiting Assistance Program (AR-RAP) makes every Soldier a potential recruiter. Story page 5.

(PHOTO COURTESY: DOCUPAK)

Lt. Gen. Jack C. Stultz
Chief, Army Reserve

Command Sgt. Maj. Leon Caffie
Command Sergeant Major of the Army Reserve

Col. Dorothy A. Perkins
Director, Army Reserve Communications

Col. Burt Masters
Deputy Director for Public Affairs

Lt. Col. Willie Harris
Chief, Command Information Branch

Paul R. Adams
Editor in Chief, *Warrior-Citizen*

The Madison Design Group
Design Services

SUBMISSIONS • *Warrior-Citizen* invites articles, story ideas, photographs and other material of interest to members of the U.S. Army Reserve. Manuscripts and other correspondence for the editor should be addressed to Commander, U.S. Army Reserve Command, Attn: Public Affairs (*Warrior-Citizen*), 1401 Deshler Street, SW, Fort McPherson, GA 30330-2000, telephone 404-464-8500 or dsn 367-8500. All email submissions should go to usarcmag@usar.army.mil. All articles ***must*** be submitted electronically or on disk or CD. Unsolicited manuscripts and photographs will not be returned. Query by letter.

CHANGE OF ADDRESS • ***Do not write the magazine.*** TPU Soldiers should notify their Unit Administrator or Unit Clerk. Members of the IRR and IMA should contact their Personnel Management Team at HRC-STL, 1 Reserve Way, St. Louis, MO 63132-5200. AGRs should contact their PMO/PMNCO. Paid subscribers should forward their address change to the Superintendent of Documents, Attn: Mail List Branch SSOM, U.S. Government Printing Office, Washington, DC 20402. Special military distribution recipients may write the editor directly.

SUBSCRIPTIONS • *Warrior-Citizen* is distributed free of charge to members of the United States Army Reserve. Circulation is approximately 320,000. Paid subscriptions are available for $14.00 per year domestic, $19.60 foreign. Single copy price is $5.50 domestic, $7.70 foreign. Mail a personal check or money order payable to the Superintendent of Documents to: New Orders, Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954, or fax your order to 202-512-2233. Visa and MasterCard are accepted.

News Briefs

AR RAP LAUNCHED

Army Reserve Soldiers can now earn $2,000 for each person they encourage to join the team.

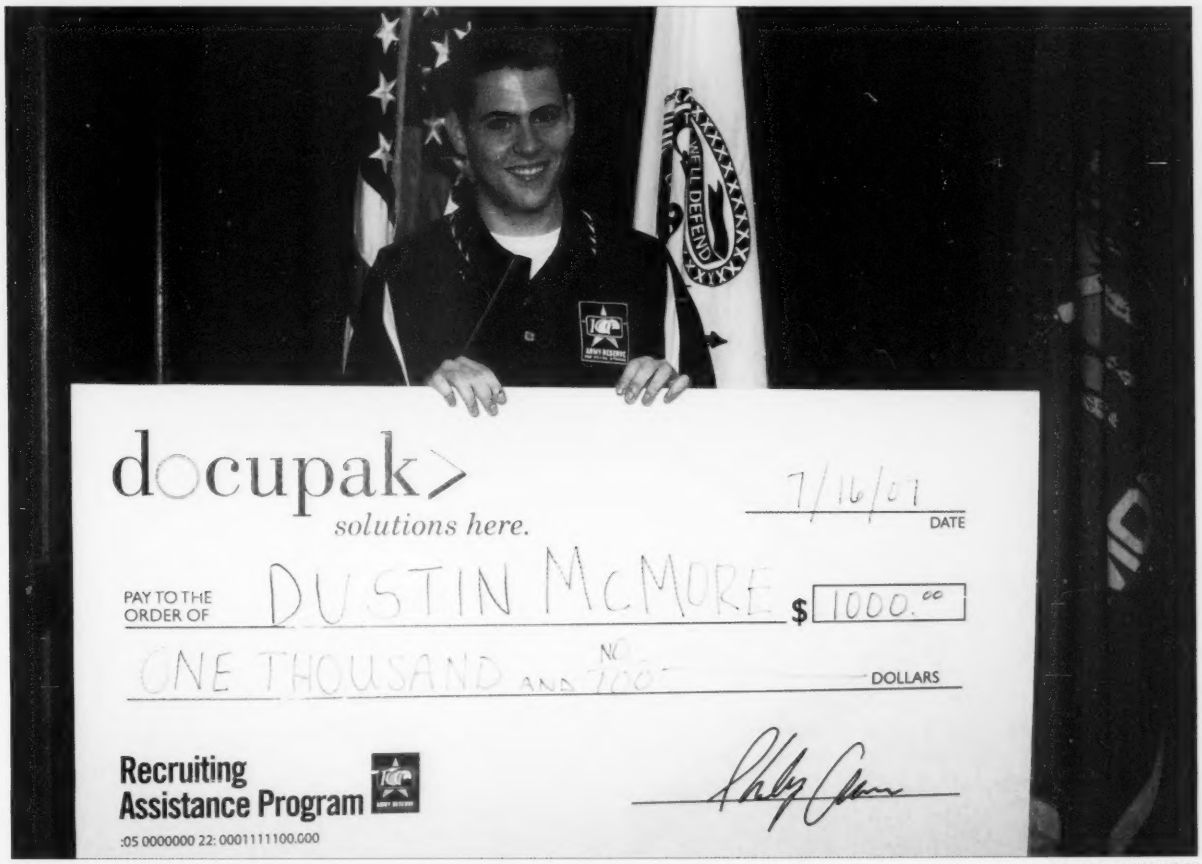
The Army Reserve Recruiting Assistance Program (AR-RAP) was launched to increase the number of Soldiers recruited into the Army Reserve. The program makes every Soldier a potential recruiter.

Unlike traditional Army recruiting methods, AR-RAP involves Army Reserve unit members working on their own time to conduct recruiting in partnership with a contractor for non-prior and prior service recruits who contract and later complete training requirements.

To become a Recruiting Assistant, Soldiers must first complete on-line training with the program's contractor. Upon completing the on-line training, Soldiers will become certified as RAs and are immediately available to begin conducting their personalized recruiting efforts. Once certified, RAs receive a welcome kit and a recruiter store account from which to order marketing materials to support recruiting efforts.

The Recruiting Assistants are expected to work with their prospective Army Recruits throughout their accession process, but are not authorized to make legally binding commitments regarding bonuses, incentives or guarantee specific jobs upon joining the Army Reserve. Eventually, all prospects will be linked with full-time Army Reserve recruiters, who will assist RAs by administering the contract process, and schedule required medical and aptitude tests for recruits prior to their accession. The RAs will also serve as mentors to recruits until they depart for basic training; preparing them for military service.

For more information on the Army Reserve Recruiting Assistance Program, visit **www.AR-RAP.com**.



SGT. 1ST CLASS LARRY MEARS

Pvt. Dustin McMore of Conway, Ark., flashes a grin almost as big as the ceremonial check that represents the first half of a bonus he earned by encouraging a friend to join his Army Reserve unit. McMore will collect the other $1,000 of his bonus when Pvt. Trent Harris completes his initial training. McMore was the first Soldier to be awarded a new bonus offered through the Army Reserve Recruiter Assistance Program (AR-RAP).

ENHANCED OPMS

By Lt. Col. Mark Quartullo
Maj. Greg Eldred
Army Reserve Command Personnel

The Army Reserve (AR) is transforming itself to meet the challenges of today's ever-changing operational environment. One area in which this is most evident is the AR implementation of the enhanced Officer Personnel Management System (OPMS).

OPMS was developed by the Human Resources Command (HRC) OPMS Task Force to improve officer career management and professional development across the total Army. The OPMS-AR effort is administered by the central AR organizations, which include AR G-1, Human Resources Command—St. Louis (HRC-S), and AR Full-Time Support (FTS). Under the three-phase AR implementation plan, each AR organization performs functions that pertain directly to the population of Soldiers for which it is responsible. For example, because HRC-S performs activities associated with Active Gurard Reserve (AGR) and Individual Mobilization Augmentee (IMA) personnel, HRC-S is the lead agency to administer OPMS implementation for AGR and IMA officers.

Multi-skilled Leader

"The Army's officer management system must be flexible, responsive, and focused on developing officers with functionally relevant competencies to meet the needs of the Army and the nation throughout the 21st Century," said Col. Pat Stallings, chief of the OPMS Review Task Force. "Flexibility is a critical aspect of the OPMS as it applies to the Army Reserve, given the structure and geographic organization and the breadth of skills among USAR officers. The objective—to develop the multi-skilled leader for the 21st century—is the same for all components, but the way we do that will be different based on the conditions."

In recent years, AR officer career management has been highly decentralized and unfocused, with troop program unit officers essentially responsible for their own career management. The system enhancements are designed to develop a population of AR officers with the right skills to meet increasingly demanding operational requirements. Additionally, the improved OPMS functionally aligned design provides better alignment of AR and Active Component (AC) officer career management, allowing for greater coherency and common focus.

New OPMS Design

The new OPMS design provides opportunities for officers to develop a greater breadth—as well as depth—of experience. For example, AR officers have largely been excluded from Joint, Interagency, Intergovernmental, and Multinational (JIIM) assignments. However, OPMS will provide more JIIM opportunities to AR officers, to include 90-day internships and 2-year fellowships. As a result, this will provide another dimension to AR officer leadership development.

To facilitate this greater breadth, OPMS will employ the functionally aligned OPMS design. Its purpose is to align branches and functional areas to develop multi-skilled leaders with broader, more widely-applicable competencies, consistent with Joint and Army doctrine. The updated design contains three functional categories: maneuver, fires and effects, operations support and force sustainment, which combine branches with similar battlefield applications. For future assignments, officers may be able to fill multiple positions within their functional groups or categories, or across the entire design, thus achieving more experience.

OPMS Enhancements

The ongoing transformation of the AR will undoubtedly impact how OPMS enhancements are implemented and administered. Additionally, many dynamic factors will affect future management. These include modularity of units, the need for stabilization and predictability for AR Soldiers and families, active component and reserve component rebalancing and the Army Force Generation Model. Overall, the AR is moving to implement the new OPMS design that will help address these factors, and ensure a brighter future for its officer corps.

For additional information about OPMS, see DA PAM 600-3, Commissioned Officer Professional Development and Career Management, or the OPMS Task Force website: **https://perscomnd04.army.mil/opms.nsf.**

AR AMBASSADOR CONFERENCE

By Sgt. 1st Class Derrick Witherspoon
Army Reserve Communications

BUCKHEAD, Ga. — Army Reserve ambassadors from across the United States came together in April for the 2007 Army Reserve Ambassador Conference to receive an Army Reserve update and to gain knowledge of ways they can be even more effective at supporting Soldiers and their Families.

Approximately 100 Army Reserve ambassadors and ambassador coordinators participated in the annual conference held in Buckhead. This year's conference, entitled "Kickoff To the 100th Anniversary-Boots on the Ground," highlighted the beginning of the Army Reserve's yearlong celebration of its 100th Anniversary. The intent of the conference was to inform ambassadors of current Army Reserve issues and provide them with various ways they can continue or extend their support to Army Reserve Soldiers and their Family members.

Army Reserve ambassadors are private citizens who volunteer to serve the Army Reserve by establishing lines of communication with communities across the country. They educate organizations, community leaders and citizens about the capabilities, skills and value of the Army Reserve. Army Reserve ambassadors also work with local leaders to recognize and support Army Reserve Soldiers and their Families.

John Dyess, Army Reserve ambassador for Tennessee and master of ceremonies for the conference, said gatherings such as this are great because they allow Ambassadors to not only get updated information on the Army Reserve, but also a clearer picture of what Lt. Gen. Jack C. Stultz, chief, Army Reserve (CAR) desires from them.

"We have two major objectives for this year," said Dyess. "One is to get all ambassadors actively engaged in meeting the CAR's 3-2-1 expectations, and the other is replacing ambassadors who are not meeting expectations."

Stultz's, 3-2-1 expectations involve ambassadors annually performing one media interview, two personal visits with local leaders and three outreach events.

"Our role as ambassadors is to get the story out to the community and civic groups so everyone can comprehend the sacrifices that are being made by our Soldiers and their Families," said P. Pasha Baker, Army Reserve ambassador for Hawaii. "I feel that it's important that we get the word out about the great job that our Soldiers do, particularly during a time of war."

Baker added that the Army Reserve Ambassador Conference gave the new ambassadors an idea of how to get the word out about the Army Reserve and its Soldiers and families. Stultz swore in 26 new ambassadors during the conference.

"This really was a great introduction to the program for the new ambassadors," said Lt. Col. Howard Sugai, public affairs officer for the 9th Regional Readiness Command. "It was a great opportunity for them to network and meet one-on-one with the CAR, and that's good because they are the ones who are helping to deploy our messages and represent the chief, Army Reserve in their communities."

Dyess said one of the first things the new ambassadors should do is make their presence known to their local Army Reserve units.

"Unit commanders and senior NCOs at all levels need to know there are ambassadors who can help them with unique unit training and mobilization issues," said Dyess. "Army Reserve recruiters need to also reach out to Ambassadors and use them in community recruiting efforts. Even more important, ambassadors need to contact unit commanders and recruiters and make their acquaintance."

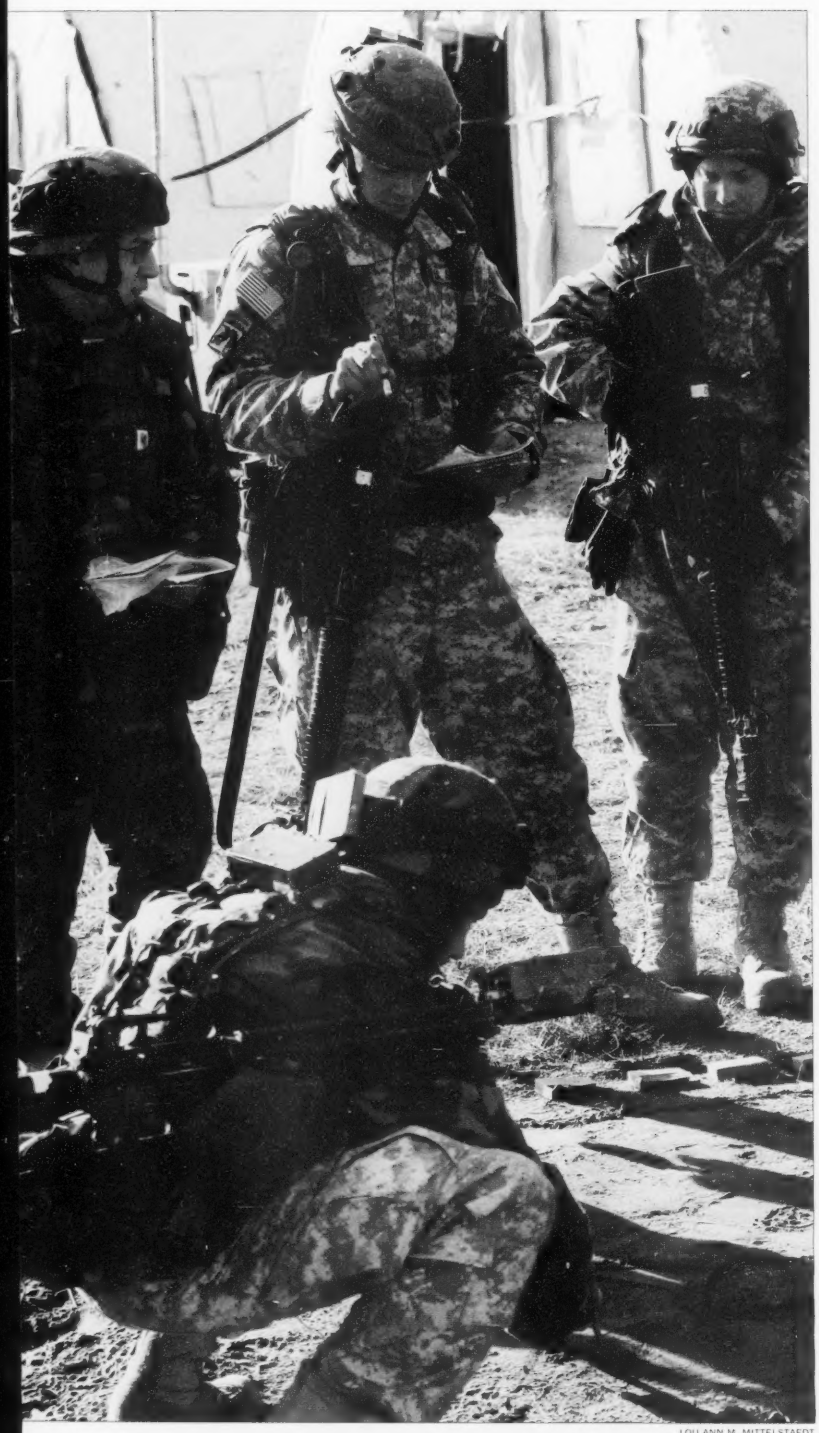
Baker echoed the sentiments of all the ambassadors at the conference when she said, "We want the Soldiers to know that we are here for them and their Families and that we support them and love them."

The next Army Reserve Ambassador Conference is scheduled to be held in Washington, D.C., in April 2008 during the celebration of the 100th Anniversary of the Army Reserve.

SGT. 1ST CLASS DERRICK WITHERSPOON

Lt. Gen. Jack Stultz, chief, Army Reserve, talks with Maryland Army Reserve Ambassador Orfeo Trombetta, Jr., during the 2007 Army Reserve Ambassador Conference.

THE PENTATHLETE LEADER



LOU ANN M. MITTELSTAEDT

Warrior Leader course students review maps and a sand table prior to a mission.

By Lt. Gen. Jack Stultz
Chief, Army Reserve
Commanding General,
U.S. Army Reserve Command

As I stood on the parade field at Fort Myer, Va., while Gen. George Casey assumed responsibility as Chief of Staff of the Army, I could see nearby Arlington Cemetery, where many of our fallen warriors rest. I wondered when we would know peace again.

From his podium, Gen. Casey answered. He cautioned that Soldiers in today's Army must think of wars as lasting a decade or more, not a few years, if we hope to wear down a foe who fights by ambush and suicide attacks.

"This foe will not go away nor will they give up easily," he said in his April 11, 2007 arrival message. "And the next decade will likely be one of persistent conflict. We are engaged in a long war."

Instead of planning to deploy, win and return home, Gen. Casey said, we must prepare for a deployment and a long stay, not just in Iraq and Afghanistan, but in other countries where militant Islam may rise up.

Like Gen. Casey, I believe this will be a long war, and the road ahead will not be easy. There will be successes, to be sure, but there will also be setbacks and, regrettably, a price to be paid in lives and treasure. To win the fight, Army Reserve leaders at all levels must continue to demonstrate confidence, initiative, resilience and innovation. We must continue to adhere to our values and the Warrior Ethos and produce leaders who can perform under stress, make decisions and lead formations. We must continue to learn and adapt.

The complexity of the 21st century security environment requires more of Army leaders. To be effective today and tomorrow, we must develop a new breed of leader—a pentathlete—who is able to rapidly transition between complex tasks with relative ease.

Pentathlete. Pentathletes are multi-skilled, innovative, adaptive, and situationally aware professionals who demonstrate character in everything that they do, are experts in the profession of arms, personify the warrior ethos in all aspects from war fighting to statesmanship to enterprise management, and boldly confront uncertainty and solve complex problems.

Army Reserve leaders, who bring skills acquired from their civilian professions to the fight, are uniquely suited to become pentathletes. They are routinely challenged with experiences that take them out of their comfort zone, and they have learned to adjust their approaches and be inventive to complete their missions.

In my travels, I meet Army Reserve Soldiers who use their civilian-acquired skills to innovate, adapt and tackle any challenge.

In Germany, I met an Army Reserve Soldier who used his capabilities as a civilian medical technician to repair all manner of hospital equipment to save taxpayers hundreds of thousands of dollars and improve the quality of treatment Soldiers receive.

In Iraq, I watched Army Reserve Soldiers use civilian-acquired skills to build robotics that defuse improvised explosive devices.

In 2003, when we struggled to restore the Iraqi rail system to reduce the number of truck targets on the road, we found a lieutenant colonel in our ranks who was a railroader in his civilian life, and we moved him to Baghdad and the Ministry of Transportation where he worked with the Iraqis to get the system back on track.

My own experiences in Kuwait demonstrate that leaders who are able to learn and adapt as they fight an ever-changing enemy are essential to the Army and our nation.

PAUL ADAMS

Lt. Gen. Jack C. Stultz addresses an audience of Soldiers, family members and USARC headquarters staff.

Once, as I met with my Kuwaiti counterparts to discuss the operational and tactical details of bringing forces for the Iraq War buildup into the theater, Ambassador Richard H. Jones called me to our embassy.

There, Jones told me about EQUATE Petrochemical Company, a joint venture of The Dow Chemical Company and Boubyan Petrochemical Company, a public company traded on the Kuwait Stock Exchange. EQUATE is a model of American-Kuwaiti collaboration and success, he said. And oh, by the way, he added, EQUATE uses the port to import raw materials and export

A Pentathlete:

★Thinks strategically and creatively

★Builds leaders and teams

★Is a competent full-spectrum warfighter or accomplished professional who supports the Soldier

★Effectively manages and leads large changing organizations

★Is skilled in governance, statesmanship and diplomacy

★Understands cultural context and works effectively across it

★Sets the standard for integrity, character

Pentathletes are:

★Confident and competent decision-makers in uncertain situations

★Prudent risk takers

★Innovative

★Adaptive

★Empathetic and always positive

★Professionally educated and dedicated to lifelong learning

★Effective communicators

finished products. He said he expected me to ensure they had access to port facilities.

"Yes, sir! I got it.," I said. "I understand."

"That's good," he said. "The EQUATE board is waiting for you upstairs."

I went right upstairs, met with the board, and we worked together very successfully.

That afternoon was a whirlwind tour of the worlds of the military, diplomacy and international business.

Other afternoons, I joined a member of the Kuwait royal family, the Ports Authority director, to assure businessmen that the authority and the U.S. military were working together to secure Kuwait's ports of Shuwaikh, Doha and Shuaiba, and that commercial shipping would continue on schedule.

After the war began, insurgents attacked our convoys and killed both American Soldiers and civilian drivers, about half of whom were from India and the Philippines. Very quickly, those governments told our Kuwaiti allies that their citizens were not to cross into Iraq. To convince the governments to lift their prohibition, I met with delegates from the Philippines and India and reassured them that we could protect their citizens. Both countries lifted the ban.

During my 22-month deployment, I put on my tactical-commander hat to fully use port facilities, protect our forces and maintain force support and sustainment. My nation and the Army also required me to serve as a statesman who can work with diplomats and royalty and as a corporate manager who can calm businessmen who are concerned that military operations will harm their economy.

My experiences convinced me that the stereotypical Army leader—the hard-charging, get-down-in-the-dirt, take-that-hill grunt—is a thing of the past.

Today's leaders must be warriors, strategists, diplomats, businessmen and humanitarians. They must learn to work with other government entities and to operate in other cultures. They must be able to rapidly transition between complex tasks with relative ease.

The future environment will demand that Army leaders at all levels be multi-skilled, innovative, agile and versatile. Therefore, we are continuing to evolve our training and education systems to grow adaptive leaders who are ready to lead in times of change and uncertainty.

To sustain our operational force in the long war, we owe our Soldiers a leader development system that helps them develop effectively as warriors and as citizens. This includes expanding cultural awareness and educational and professional development opportunities. Our intent is to invest in leader development of our Soldiers as warriors and also to return them to their communities as citizens who positively influence their families, their employers and the nation.

To ensure we invest scarce resources wisely, we established the Senior Leader Development Office (SLDO) to develop a process that shapes the force, develops best-qualified Soldiers and enhances readiness in support of an operational Army Reserve. The SLDO will help us develop our bench of future leaders – officers, warrant officers, NCOs and junior enlisted Soldiers – who are prepared to lead in an environment with constantly changing conditions.

While the SLDO works to develop and refine processes and to accomplish this intent, Army Reserve leaders must take steps to continue their development into pentathletes.

Take the long view of your career. As Soldiers plan to triumph in battle, they must plan for success in their careers.

Soldiers who are successful believe they are doing something important; they know they want to be part of the force. They plan for 30—even 40—years. They think long-term for professional development and assignments.

Orderly career planning provides for progressive duty assignments and military schooling to meet current needs and develop officer skills for future assignments. All Soldiers have access to the guidelines and expectations concerning career planning, but it's up to them to use it.

Never stop learning. All the evidence suggests that the more Soldiers learn, the more value they bring to the force and to their civilian employers. The same is true

of those who are studying part-time or who have graduated after part-time study.

Continue to seek knowledge through assignments or educational opportunities. Attend a senior service college, or earn a masters or bachelors degree.

Push education down, and make time for professional development. Each Soldier has a responsibility for professional development from the time they join the Army Reserve. Individual study, reading and research are critical parts of leader development.

At the same time, developing subordinate leaders is a professional responsibility that must be carried out to guarantee the quality of future leaders.

Formal unit development programs explain both unit and individual performance standards, and provide periodic assessments and continual feedback to develop Soldiers.

Seek command, leadership positions. We are an Army at war. There's been a fundamental shift in the way we look at our leaders. Those who seek out and succeed in demanding and difficult assignments demonstrate that they are capable of taking on even greater authority and responsibility.

Soldiers must forget the outdated philosophy of "checking the block" in certain positions and be more concerned about the quality of the experience gained in each job.

Deploy to current operations. Operational experience provides Soldiers the opportunity to use, hone and build on what they learned through the formal education process. In the operational domain, leader development is principally gained through first-hand combat and contingency operational experience, from lessons learned, and from individual and collective training, assessment, and feedback from superiors, peers and subordinates.

Operational experience demonstrates Soldiers' capabilities to develop and care for their subordinates. Pentathletes have muddy boots.

Broaden your experience. Seek different assignments. The success of a leader is not measured by length of service in any one component or group, but by the leader's breadth of experience and duty performance.

Leaders' professional capabilities are developed through planned and progressively responsible assignments, through experiences that take Soldiers out of their comfort zone.

CAPT. MONICA RADTKE

Master Sgt. Roy Waters (right), course manager of the Warrior Leader Course at the Fort McCoy NCO Academy, instructs a group of students during the collective training phase of the two-week course.

Careful planning and programming by commanders and individual Soldiers is essential to maximize the career potential and efficient use of every Soldier's skills, knowledge and attributes. Experience gained through challenging and varied assignments enhances Soldier development and provides trained men and women able to meet the dynamic needs of the Army.

Whenever possible, Army Reserve Soldiers receive operational assignments that allow them to apply the knowledge and leadership skills learned in institutional training. However, in the Army Reserve environment, assignment options are constrained by the force structure and demographic and geographic limitations. For these reasons, Soldiers may need to accept assignments throughout the force.

Performance. Army Reserve Soldiers must do their best at every task or job assigned. Enough said.

Take care of family, self, and your electrons.

A Soldier's professional life is not a dash, it's a marathon.

Soldiers must maintain their physical wellbeing and that of their families. They must understand how to balance the needs of their families with the demands of the Army, or they will end up as great leaders with no families, or they'll have great families, but they won't be leaders.

Learning how to balance their professional and personal lives helps leaders appreciate Soldiers who serve under them, because their Soldiers must do the same thing. Good leaders know they can't push Soldiers so hard they neglect their families. At the same time, they know what it takes to balance aspects of their lives.

My own staff is an excellent example. When I became a general officer, a mentor pointed out that some people who become GOs like to be seen as workaholics. But he told me to think about the hours I set and add at least one hour on either end for my staff because they're going to get in an hour before I do, and they'll stay at least an hour after I've left.

So take care of yourself and take care of your Soldiers by doing the same for them.

LEADERSHIP CENTER OF EXCELLENCE

By Staff Sgt. Patricia Deal
Public Affairs Office
84th U.S. Army Reserve Readiness Training Command

FORT MCCOY, WIS. — Whether you're a civilian, officer or NCO, AGR or TPU, new to the Army Reserve or well into your career, chances are you have had, or will soon have, interaction with the 84th U.S. Army Reserve Readiness Training Command (Leader Readiness).

The 84th Training Command, the "go-to" schoolhouse for a variety of training programs for officers and NCOs, is growing and changing, soon to emerge as the Army Reserve's center, not only for leadership development, but also for functional training.

The transformation was first set in motion in 2004 when the Chief, Army Reserve, established the 84th Training Command, with the intent to have the organization be the focal point for training development and delivery across the full military spectrum.

To help support the Army Reserve's goals to an operational force, the 84th Training Command is restructuring to increase its training scope and responsibilities for all Army forces, services and agencies. The 84th is also expanding its current offering of key Army Reserve leader development training for officers, NCOs, and civilians to include support for the development and presentation of the Officer Education System (OES), Civilian Education System and Military Technician instruction.

The 84th Training Command, designated the Leadership Center of Excellence by the Training and Doctrine Command, will ultimately consist of two Divisions—the 104th Division (Leadership Development) and the 70th Division (Functional Training) with 12 brigades and battalions located across the country. Also, under Base Realignment and Closure, the 84th Training Command headquarters will move to Fort Knox, Ky.

"The transition simply broadens our mission, expanding the 84th Training Command's reach from coast-to-coast and border-to-border. We're adding some 3,000 Soldiers and civilian employees who will bring a wealth of experience, knowledge and professionalism to further elevate the training excellence of the 84th Training Command," said Maj. Gen. William C. Kirkland, commander.

To complement its current professional development training for leaders, the restructuring gives the 84th Training Command added responsibility for various training aspects of the Senior Reserve Officer Training Corps (SROTC) and other OES training. The Professional Development brigades will manage two The Army School System (TASS) OES battalions, one SROTC battalion and one ROTC Camp Committee battalion.

In addition to increasing its professional development offerings, the 84th Training Command will add functional type training with the addition of the 70th Division.

The 70th Division (Functional Training), consisting of a school brigade and a training development brigade, will be added to the 84th Training Command structure to manage various functional training areas. The Readiness Training Academy and the Information Operations Academy instruct over 40 functional courses year round, graduating almost 10,000 students.

Kirkland is proud of the organization's recent accomplishments and he is confident the 84th Training Command will exceed the Army Reserve's expectations for being the go-to point for training. "With a projected student residency of more than 30,000 students by 2010, the 84th Training Command will be the largest non-proponent center and school in the U.S. Army.

CAPT. MONICA RADTKE

Members of 3rd Battalion, 414th Regiment, 8th Brigade, 104th Division, provide first aid instruction to ROTC cadets from across the United States during the Leader Development and Assessment Course at Fort Lewis, Wash.

GROWING 21ST CENTURY LEADERS

By Sgt. 1st Class Derrick Witherspoon
Army Reserve Communications

WASHINGTON — Continuously exploring ways to increase the knowledge and leadership abilities of its Soldiers, the Army Reserve (AR) created a Senior Leader Development Office (SLDO) that is aiming to grow leaders for the 21st Century.

The AR SLDO, established in late FY 06, was created to explore ways to increase the bench of "best-qualified" through direct development and utilization of all its senior leaders. Army Reserve senior leadership consists of Active Guard and Reserve (AGR), Troop Program Unit and Individual Mobilization Augmentee Soldiers.

Fairly new and still being built-up, the Army Reserve SLDO, which is modeled after the Army's SLDO, has a number of goals that it would like to achieve, said Col. Lawrence Meder, SLDO director, at a hosted professional development seminar called "What's in your Rucksack?" attended by approximately 125 officers, 35 enlisted and 10 civilians

"Leader development is a process that starts before you join the Army Reserve and continues throughout your career," said Meder. "Ultimately, we are here to support and defend the Constitution, ensure the American way of life, our Republic's democratic traditions, and fight and win the nations' wars."

Meder said his office is working to ensure senior leaders have the knowledge, skills and abilities they need to accomplish the Army Reserve mission in the 21st Century.

SOME OF THE DIRECTORATE'S MAJOR GOALS ARE:

- ★ Ensure the AR develops the bench of "best-qualified senior leaders."
- ★ Support all facets of HR transformation, to include AGR re-engineering.
- ★ Validate, enhance, align, correct senior leader development path from top down.
- ★ Develop and utilize all categories of AR senior leaders.
- ★ Standardize senior leader contact throughout the AR.
- ★ Support officers and units in the field.
- ★ Develop and support AR SLDO seminars, joint training, pre-command course, fellowships, and Joint, Interagency, Intergovernmental and Multinational (JIIM) experiences.
- ★ Provide senior leaders with development recommendations, advice and direction, assignment assistance, selection board trends, and confidence in development path.
- ★ Leverage technology—use the WEB.

SHAPING FUTURE LEADERS

By Staff Sgt. Patricia Deal
Public Affairs Office
84th Training Command

FORT MCCOY, WIS. — As the Army Reserve transforms from a strategic reserve force to a more agile, operational expeditionary force, its success depends greatly on its leaders.

The Soldier has always been, and will remain, the Army Reserve's greatest asset. Top military officials such as Lt. Gen. Jack C. Stultz, chief, Army Reserve and commanding general, U.S. Army Reserve Command, believes that "we must reorient the way we recruit, retain and maintain our force. Recruiting future leaders, retaining battle-tested veterans and transforming our force to enable us to better answer the call to duty is paramount."

The Officer Corps—the leadership of today and tomorrow—is striving to become the most relevant force to meet the challenges of the Global War on Terrorism.

Today's officer is a leader of the greatest army in the world, and must be able to adopt a wide variety of roles and operate in ambiguous environments.

One way to develop strong leadership is through the Army Reserve Officers' Training Corps (ROTC), which has been the major source of Army Reserve officers and is now a major source of Regular Army officers as well.

The program, formally established with the passing of the National Defense Act of 1916, produces approximately 75 percent of all Army officers. ROTC is offered at thousands of universities across the country, combining classroom time with hands-on experience. Traditionally a four-year program, studies include leadership development, military skills, management skills, tactics and Army ethics. The first two years are taken in the freshman and sophomore years (basic course) with the second two years taken in the junior and senior years (advanced course). During the summer between the junior and senior years, cadets attend the Leader Development and Assessment Course (LDAC).

To help ensure the continued success of its ROTC program, the Army Reserve has turned to the 84th Training Command (Leader Readiness). Designated as the Leadership Center of Excellence by U.S. Army Reserve Command, the 84th Training Command is expanding its training scope and mission to include the

added responsibility for various training aspects of the Senior Reserve Officer Training Corps (SROTC) and other officer education training.

All six SROTC Brigades from the Army Reserve's Institutional Training Divisions, recently aligned under the 84th Training Command. They augment the Senior Reserve Officer Training Corps at assigned university SROTC programs. As mandated by the Army Reserve, the 84th Training Command will partner with the U.S. Army Cadet Command (USACC) to assist in the increase of quality and quantity of U.S. Army and Army Reserve new lieutenants. The partnership allows for assigning Troop Program Unit (TPU) personnel at select universities.

Members of the 84th Training Command SROTC brigades also provide cadre to support the Leader's Training Course (formerly Basic Camp) at Fort Knox, Ky., the Leader Development and Assessment Course (formerly Advanced Camp) at Fort Lewis, Wash., and support to the Cadet Basic and Field Training at the U.S. Military Academy at West Point, N.Y.

"The ROTC program is just one aspect of officer development," said Ted Jendusa, deputy G-7 for the 84th Training Command. The G-7 oversees the execution of policies for the SROTC program. "With the added responsibility for ROTC, the 84th Training Command becomes an integral part of the Army Reserve officers' career. As an officer progresses from lieutenant to lieutenant colonel, chances are the 84th Training Command has touched their career," Jendusa said.

In order to produce quality officers, it is important to have quality instructors. The SROTC instructors are highly trained professionals, many having graduated from ROTC programs. Many have earned advanced degrees and awards.

In addition, many of the instructors demonstrate their dedication by giving more than the typical weekend battle assemblies and two weeks of annual training. Often the instructors are Troop Program Unit Soldiers, teaching two days a week during the school year.

Not only are they dedicated and well-prepared, many of the instructors are very experienced. "We have some instructors on staff who have served tours in Iraq," said Maj. Eric Stallmer, assistant professor of military science at Georgetown University in Washington, D.C., and assigned to 8th Brigade, 80th Division. "It's one thing to read about military operations like at Normandy or the Vietnam War, but it's entirely different to be able to impart the reality of today's battlefield firsthand," said Stallmer.

Stallmer has been teaching Military Leadership Skills I & II to sophomores at Georgetown since 2005. "I find it very enjoyable. I have always wanted to teach and find it gratifying to reach out to future leadership," he said.

He considers himself fortunate to have a group of students who are among the brightest and most motivated. "All of them go above and beyond," he added.

Not only do the instructors exceed the standards for training excellence, many help in the recruiting efforts, striving to fill the slightly-diminishing officer ranks.

"I have gone into some high schools which are typically dismissed by recruitment. They are some of the most prestigious, private schools with something like a 99 percent college-bound rate," explained Maj. Dan Arzonico, 9th Brigade, 108th Division. "While the financial benefit is certainly a key motivating factor to entering a ROTC program, I've found that just the patriotic spirit and desire to serve their country is reason enough for some students to choose ROTC. We try to expose as many students from all types of backgrounds to the ROTC program."

Always the staunch supporter of ROTC, Arzonico, who teaches Military Science I & II at the University of South Alabama in Mobile, Ala., finds it useful to use himself as an example of how ROTC allows students the opportunity to have a civilian career and yet serve their country.

His efforts appear to be paying off, as he is proud to announce that they have 21 ROTC scholarships already confirmed for the fall semester 2007.

COURTESY 8TH BRIGADE, 104TH DIVISION

Capt. Daniel Whitlock, right, instructs ROTC cadets attending the Leader Development and Assessment Course at Fort Lewis, Wash. Army Reserve SROTC battalions recently aligned under the 84th Training Command and provide support to university SROTC programs.

Another ROTC instructor, Maj. Chris Marinakis, an instructor at Appalachian State University at Boone, N.C., and assigned to 9th Brigade, 108th Division, is also impressed with today's cadets. "The program attracts many quality cadets," he said. "They are definitely motivated. They have to be to enter the Army in such a turbulent time. Active or Reserve, these students understand that they will very soon be in Iraq or Afghanistan."

Knowing the volatile environment the students will face, all the instructors strive to provide the best training possible to their cadets. They all are pleased with the military program, which is more centralized and structured than when they went through. "It's a different war, and these future officers will be leading a different force. The demands will be greater," Marinakis said.

The ROTC experience has proven to be exceptional for many cadets. "I think the program is great," said Cadet Susan King, a senior at the University of South Alabama. *King plans to graduate in December 2007* with a degree in nursing and enter duty as an Active Component officer. "I was active duty as an enlisted Soldier for seven years. Honestly, the ROTC program has taught me more than I ever learned during my active duty time. I am confident that I will be an asset to the Army officer corps."

For more information on the Army ROTC program, visit **www.goarmy.com/rotc** and for more information about the 84th Training Command, visit **https://www.arrtc.mccoy.army.mil.**

CAPT. MONICA RADTKE

Watchful ROTC cadets keep an eye on Cpl. Michaell Alva, 3rd Battalion, 414th Regiment, 8th Brigade, 104th Division, as he instructs airway management during a first aid class.

WAR ZONE HUMOR

By Chuck Prichard
Army Reserve Public Affairs

Master Sgt. Steve Opet keeps his eyes and ears open on each assignment that he performs for the Army Reserve. He pays close attention to everything and everyone, noting details that a casual observer might miss. He mentally catalogs the information in case he needs it later to complete his mission.

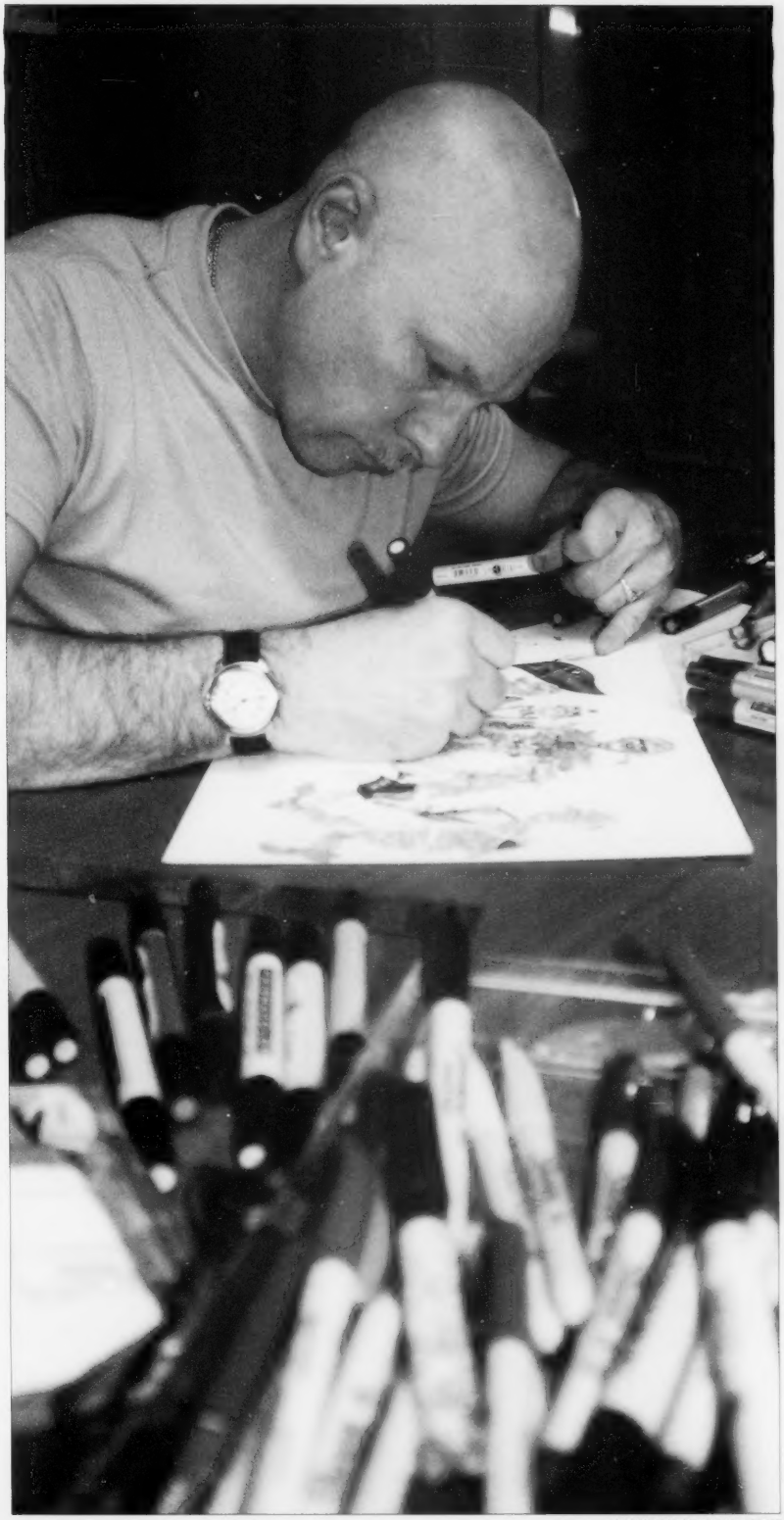
While Opet's keen observation skills might make him a good spy or inspector general staff member, he applies his talents in a more lighthearted way. The things he sees often end up as subjects of one-panel cartoons that Opet produces to bring levity to situations commonly experienced by Soldiers.

"I don't go out looking for ideas. I just keep my eyes open and something comes to me," said Opet, an AGR training NCO assigned to the 354th Mobile Public Affairs Detachment, located in Coraopolis, Pa.

He was part of a team that traveled to Iraq in February 2007 to provide public affairs coverage of Army Reserve units serving there. In addition to plying his trade as a print journalist and photographer, Opet drew about half a dozen cartoons depicting some of the more humorous aspects of living in a war zone.

For example, one of his cartoons rendered on the trip depicts a Soldier fully laden in cumbersome battle gear suddenly realizing

KBR
HOPE YOU HAVE A MEMORABLE VISIT
GO ARMY RESERVE!!
CAMP VICTORY TRANSIENT TENT F 13
WE SIGNED IN FOR 5 DAYS! NOW WE HAVE TO LEAVE IN 1 HOUR?
YES... NO... MAYBE OK?
TAKE DOWN F13 TODAY
CAMP V CONDO PLANS
WHOOSVILLE IRAQ
SFC STEVE OPET
CAMP VICTORY, IRAQ
080207



MASTER SGT. ANTHONY MARTINEZ

Opet drew about half a dozen cartoons depicting some of the more humorous aspects of living in a war zone.

that he has to go to the restroom. Another panel shows a Soldier complaining about the repetitive menu at the dining facility: "Darn it! Steak and crab legs again."

"Every Soldier has experienced those little absurdities that go with the job. I like to show those so we can all get at least a little smile out of them," said Opet, who draws the cartoons with a pen and colors them in with markers.

Opet credits his mother with sparking his interest in art. When he was a child she drew pictures for him to color. Pretty soon, he was drawing his own pictures. High school art classes furthered his talents. In 1975, Opet graduated from the Art Institute of Pittsburg, Pa., with a degree in commercial art.

Despite his talent and training, Opet was not able to find a job as an artist when he got out of school. With a small family to support, he went to work in a steel mill. Eventually, the steel company managers learned of his artistic abilities and moved Opet from the production line to a newly created communications department. His duties included drawing safety posters and producing graphics used in presentations.

Opet had a similar experience when the joined the Army Reserve. Initially, he enlisted to be a personnel clerk. But his artistic abilities attracted the attention of a public affairs unit, which took him on to produce cartoons for a command newspaper.

"I really enjoy doing it, especially when I get feedback from Soldiers," Opet said. "When I was in Kosovo, I was in the PX one day and a Soldier looked at my nametag and figured out I was the one who drew the cartoons for the base newspaper. He said he cut out all of my cartoons and sent them to the folks back home because they showed exactly how things were at the base. It made me feel good that my drawings connected so well with him."

In addition to the cartoons, Opet also produces more serious art. His works have earned numerous prizes.

Opet posts examples of all of his work on his web page, **www.steveopet.com**.

MOTOR SERGEANT KEEPS ROBOTS RUNNING IN IRAQ

By Master Sgt. Anthony Martinez
Army Reserve Public Affairs

CAMP VICTORY, Iraq — In the business world, entrepreneurs are on the hunt to cash in on emerging ground floor opportunities. Although he is no businessman, Army Reserve Sgt. 1st Class Willie Turner is making an investment of his own in an emerging opportunity of ground robotics.

MASTER SGT. ANTHONY MARTINEZ

Sgt. 1st Class Willie Turner makes repairs to a Talon 3B robot at the Joint Robotics Repair Detachment located at Camp Victory, Iraq.

Ten months ago, Turner, 34, a member of the 377th Chemical Company at Fort Picket, Va., was in the middle of his Basic NCO Course when he received a tip from the Army Reserve about an opportunity to do something just a little different in support of the Global War on Terrorism – ground robotics repair. It was just the opportunity he was looking for.

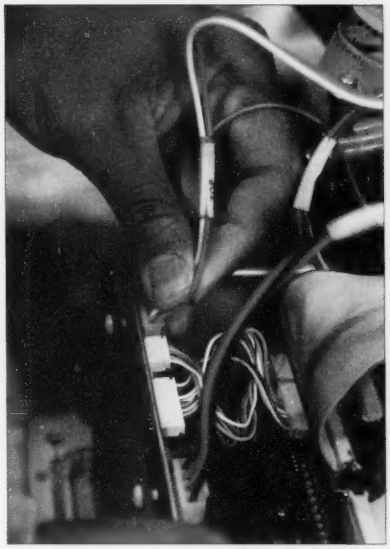
"The Army sent me an e-mail with a brochure that summed up what I would be doing in Iraq, if wanted to do it. It was robotics," Turner said. "It was something I had wanted to do anyway, something new for me instead of being a motor sergeant, so I figured it wouldn't hurt to try."

For Turner, an Army brat who calls Alexandria, La. home, it was an unexpected opportunity and to this day he is not quite sure how his name came up as a candidate for the new program. With a laugh he says, "That's how the Army works. When you want to volunteer for deployment they don't consider you, but as soon as you stop trying and look for other options, they give you a call," Turner said.

Within a few weeks Turner had mobilization orders in hand and was on his way for a month of robotics repair training at Redstone Arsenal, Ala., before deploying to Iraq. For now, the Army has no military occupational specialty for the new job and so, like the other Soldiers Turner works with in Iraq, it is on-the-job training.

"History will record that ground robotics really took off during Operation Enduring Freedom and Operation Iraqi Freedom," said Marine Reserve Maj. Stephen Mufuka, officer in charge of the Joint Robotics Repair Detachment at Camp Victory. "What we've basically done in a short time frame of about three years is gone from an initial requirement of about 160 robots in theater to somewhere around 4,000," he said.

For Turner that increase translates into a lot of repair work and a great deal of job satisfaction. "I think the thing that I'm really proud of about working here is that whenever somebody brings in a robot, even if it's damaged or blown up, that means that a Soldier did not get blown up. That's the main purpose of the robot being here. Instead of Explosive Ordnance



MASTER SGT. ANTHONY MARTINEZ

Trained as a light wheel mechanic, Sgt. 1st Class Willie Turner now uses his hands to repair damaged robotic devices used in the Global War on Terrorism. The Army Reserve in conjunction with the Marine Corps Reserve, is the sole source of military repair technicians for the growing use of robotic equipment in support of military operations in Iraq.

Detachments going down range to do it by hand, a robot can do it," he said.

For Turner, that is an impact in the war fight he and his fellow robotics repair soldiers are proud of. And it's also something the Army and Marine Corps Reserve programs can tout since the program, from the military side of the house, is entirely supported out of the reserve components.

However, unlike most mobilized reserve Soldiers, robot repair technicians in Iraq are not mobilized as a unit. They are Individual Mobilization Augmentees brought together to work at the Joint Robot Repair Detachment. Turner's detachment is commanded by Mufuka, a Marine major. Working along side members of the Army Reserve and Marine Corps Reserve are civilian contractors, mostly military retirees, making the operation truly a joint venture.

But, for Turner, what uniform the person next to him is wearing does not seem to make much of a difference. "I pretty much get along with everybody. I mean this is a job and we're here to save lives. Petty things get put aside because we're here to do a mission and complete the mission and that's the main focus of it."

Sgt. 1st Class Willie Turner diagnoses and repairs valuable robotic equipment, like theTalon 3B, used to detonate and disarm Improvised Explosive Devices throughout Iraq. (PHOTO: MASTER SGT. ANTHONY MARTINEZ)

108TH ROUGH RIDERS HELP TRAIN NEW IRAQI SOLDIERS

By Sgt. 1st Class Steve Opet
Army Reserve Public Affairs

(Editor's note: Sgt. 1st Class Opet traveled to Iraq with the U.S. Army Reserve Public Affairs Acquisition Team and filed the following story.)

CAMP TAJI, — IraqMembers of the Army Reserve's 108th Training Division, headquartered in Charlotte, N.C., are accustomed to serving as drill Instructors who teach enlistees the basics of becoming a Soldier. At Camp Taji, the largest Regional Training Center (RTC) in Iraq, the "Rough Riders" are giving their mission a train-the-trainer flavor by instructing Iraqi drill instructors, who, in turn, are training brand new Iraqi soldiers.

SGT. 1ST CLASS STEVE OPET

An Iraqi drill Instructor demonstrates the proper marching technique to his 50-Soldier platoon before they practice drill and ceremony on the Camp Taji parade field.

The training program has grown since its start in March 2005, when U.S. Army personnel did the bulk of the training while mentoring their counterparts. "In the last two years we've gone from standing right over them and telling them what to do, to standing way off to the side and just observing as they conduct all the training," said Sgt. Rodney Guinyard, one of the instructor-advisers with the 108th. "We have a good professional working relationship with the Iraqis," he said.

Guinyard, who in civilian life works as an undertaker in his family's funeral home in Barnwell, N.C., has been here for the last four training cycles. Each cycle lasts for five weeks. "They receive the initial knowledge of what the Army is all about. After careful observation by their drill instructors during basic, some are chosen for more specialized training later at Camp Taji," Guinyard said.

Training for the neophyte Iraqi soldiers includes drill and ceremony, rifle marksmanship, first aid, movement training and searching and clearing buildings.

The training is a learning experience for everyone. "From the Americans we learn about selfless service, integrity, honor, responsibility and how we take care of the Soldiers. The Americans learn from us how to be one team, we Iraqis love each other," said one of the Iraqi platoon sergeants, who is in charge of 50 new recruits.

The camp currently has 22 advanced courses, ranging from computer training to vehicle and weapons repair, with a capacity for 1,000 students. Camp Taji has graduated 8,010 commissioned officers and NCOs since starting in 2005.

Assisting at the motor pool where light-wheeled and heavy-wheeled vehicle repair and maintenance classes are held is Staff Sgt. James Sprehe, Bogalusa, La. Sprehe, a corrections officer back home, is one of the American advisers at the institute helping the new Iraqi soldiers become skilled mechanics. "We're teaching the Iraqis to become light and heavy-wheeled vehicle mechanics. Our biggest goal is to teach them the theory of tearing a motor down, putting a motor together, what its function is, and why it's there," Sprehe said.

Sprehe said the classes are off to a good start, even though the Iraqis are at various levels of mechanical experience. "Some of them have experience and some don't have any at all. I have 27 in this class and out of that eight have never done any mechanical work at all," he said.

SGT. 1ST CLASS STEVE OPET

108th Training Division Sgt. Rodney Guinyard, observes the Iraqi army recruits practice drill and ceremony on the Camp Taji parade field.

The mechanics course is a copy of the U.S. Army course that has been translated into their language and then taught in a classroom setting. "Then we bring them into the shop and we have them physically do the work and they catch on real quick," Sprehe said.

Sprehe is well liked among his Iraqi trainees and was given the nickname "Ali Baba" for his skill in finding replacement parts from wrecked vehicles to get other vehicles up-and-running. Ali Baba is the central character in a classic tale about a band of Persian thieves.

Evidence of a successful training program was voiced by Rough Rider, Staff Sgt. Elijah Ragin, West Palm Beach, Fla. Ragin is a gunner on an armored Humvee, manning the .50 caliber machine gun mounted in the roof turret while the Rough Riders escort convoys from Baghdad to Camp Taji. "We see a lot more of the Iraqi armed forces now and we get hit a lot less. There are less improvised explosive devices, and rocket propelled grenades now that the Iraqis have more of a presence on the ground," Ragin said.

Ragin, a ramp agent with Delta Air Lines in West Palm Beach, Fla., is also a drill instructor with Company C, 2nd Battalion, 321st Regiment, 108th Training Division. This is his first tour for Operation Iraqi Freedom and he feels the experience is invaluable for his position as a trainer.

"This is an excellent experience to bring back to the young troops that I train," he said.

The new Iraqi army is training hard and shouldering more and more of the security responsibilities needed for their country with the help of the 108th Rough Rider Soldiers. And the Rough Riders are learning from their Iraqi counterparts while gaining valuable training experience to bring home and share with America's newest Soldiers. ✪

SOLDIERS' HEALTH

By the U.S. Army Reserve Post-Deployment Health Reassessment Team

WASHINGTON — Sgt. 1st Class Carmen Román returned from a 14-month deployment in Camp Fallujah, Iraq in May 2006. "I formed strong bonds with my fellow Soldiers, and I was able to apply my training so that I could do my job. But it was difficult at times. I worried about my fellow Soldiers and the risks we faced each day during our time in combat," she said. Román, 597th Quartermaster Company, Caguas, Puerto Rico, completed the Post-Deployment Health Reassessment, (PDHRA) six months after she returned to Puerto Rico, where she lives. "The PDHRA helped a great deal. As it turned out, I needed physical therapy for a knee injury, and I was referred to a social worker and therapist for depression."

THE STORY ON PDHRA

More than 14,000 U.S. Army Reserve Soldiers have completed the PDHRA since the start of 2007. The Army Reserve fully adopted the PDHRA in April 2006 as part of the Department of Defense's Force Health Protection Program. All Soldiers who returned from a combat zone since September 11, 2001, are eligible to complete the PDHRA.

"U.S. Army Reserve Soldiers want to spend time with their families after redeployment from theater, but it's also important their possible medical needs are met," notes Maj. Gen. Alan D. Bell, deputy commanding general, U.S. Army Reserve Command. "That's why it is vitally important the Post-Deployment Health Reassessment be done within 90 to 180 days of redeployment. It is a priority for leaders to ensure their Soldiers complete the PDHRA."

HOW IT WORKS

"Research tells us after Soldiers return from combat, health concerns may begin to surface," explains Lt. Col. Page Sikes, who leads the PDHRA program for the U.S. Army Reserve. "The PDHRA is unique because it brings the medical system to the Soldier through the screening process and the one-on-one conversation with a health care provider. This is especially important for U.S. Army Reserve Soldiers after they return home. The PDHRA gives Soldiers the opportunity to voice concerns regarding his or her health. "

RESOURCES FOR SOLDIERS AND FAMILIES

Battlemind II Training: **www.battlemind.org**

Military OneSource: 800-342-9647 or **www.militaryonesource.com**

Military Home Front: **www.militaryhomefront.dod.mil**

U.S. Army PDHRA: **http://fhp.osd.mil/pdhrainfo**

U.S. Army Reserve Family Programs: **www.arfp.org**

U.S. Army Families Online: 800-833-6622 or **www.armyfamiliesonline.org**

DeploymentLINK (Deployment Health Support): **www.deploymentlink.osd.mil**

Department of Veterans Affairs: **www.va.gov**

U.S. Army Behavioral Health: **www.behavioralhealth.army.mil**

The PDHRA consists of filling out the DD Form 2900, speaking one-on-one with a health care provider and viewing the Battlemind II Training video. Information shared during the PDHRA is confidential. Battlemind II Training, created by the Walter Reed Army Institute of Research, includes video vignettes that help Soldiers relate combat skills to feelings they may be experiencing after deployment. Battlemind II Training emphasizes safe and healthy personal relationships and teaches Soldiers to look out for each other's health.

Soldiers can check their PDHRA status by logging into Army Knowledge Online and visiting "My Medical Readiness." Soldiers can also access a list of answers to frequently asked questions about the PDHRA.

A COMMANDER'S PROGRAM

In most cases, commanders will notify Soldiers when it's time to begin the PDHRA process. Soldiers complete the PDHRA in one of two ways, either through a unit-scheduled screening event or by using the PDHRA Call Center. "The Post-Deployment Health Reassessment is a commander's program," emphasizes Command Sgt. Maj. Leon E. Caffie. "Commanders must ensure their Soldiers complete this very important health screening in order to facilitate a smooth post-deployment transition for the Soldiers and their Families."

As a platoon sergeant, Román admits that being physically and mentally fit is very important, not only for her but for the men and women she cares for. "Soldiers need to know about the services and benefits available to them, from both the U.S. Army and from the Department of Veterans Affairs," she said. "So many Soldiers don't know who to talk to about problems they might be having. The PDHRA is an opportunity for Soldiers to open up and talk about what might be bothering them."

POST-DEPLOYMENT SUPPORT

Family and friends already play a strong role in a Soldier's transition back to post-deployment life. The Army Reserve encourages loved ones to take part in the PDHRA process by reminding their Soldier to complete the screening beginning 90 days post-deployment. Román affirms how important it is for the Family to be a part of the post-deployment process. "My social worker encourages me to involve my 14-year-old daughter and my mother as I work through my health issues."

If you or your loved one recognizes any health-related issues that may need to be addressed, you do not have to wait for the PDHRA. Encourage your Soldier to seek professional advice for any health problems or concerns he or she may have.

TRADEWINDS 2007

By Cadet Ryan Jones
314th Public Affairs Operations Center

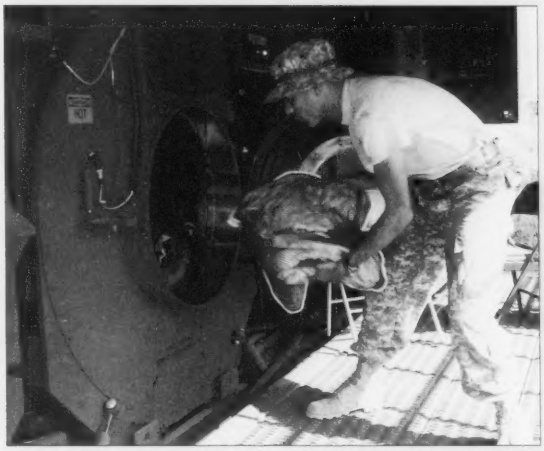
PRICE BARRACKS, Belize — Under the glare of the tropical sun and stifling humidity Army Reserve units answered the call in support of TRADEWINDS 2007. The yearly joint training exercise involves 14 Caribbean nations and support elements from across the Army Reserve. Spanning 12 days from May 5–16, 2007, the exercise, hosted this year by Belize, brings together approximately 1100 U.S. Soldiers, Marines and members of various defense and security forces throughout the region to participate in hand-to-hand combat, riot control, live fire and disaster preparedness training. The goal of the training is to strengthen regional partnerships, enhance interoperability and cooperation between military, police and civil organizations.

In a Quonset hut located on Price Barracks, 20 minutes outside of Belize City, the 652nd Regional Support Group (RSG) coordinates everything from food service and billeting to transportation and laundry services for all exercise participants. "We're doing for the Caribbean forces exactly what we would do for any U.S. forces or combined forces," said Lt. Col. Dennis Ecord a Helena, Mont. native and commander of the 652nd. "This is a great exercise for us. It's the first opportunity this staff has had to actually leave Montana and come to another country."

The 652nd is comprised of units from six states—Montana, Wyoming, North Dakota, South Dakota, Idaho and Utah. The majority of the detachment assigned to TRADEWINDS '07 hails from Montana. In addition to acting as a logistics command and control element the unit provides various types of support via a composition of units including medical, quartermaster and transportation. "With that composition we can provide support to U.S. or allied forces within the operation," Ecord added.

Members of the 430th Quartermaster Company, Bayamon, Puerto Rico, play an active part in the support role of the Army Reserve. The 430th Soldiers deployed to TRADEWINDS '07 to provide laundry support to all exercise participants while gaining valuable training and joint operations experience.

"I'm a mechanic but, right now, helping these guys," said Spc. Mario Rotundo, San Sebastian, Puerto Rico. I'm a light-wheeled vehicle mechanic and I also train with the Laundry Advance System."



COURTESY TRADEWINDS 2007

Spc. Angel Rivera loads a bundle of laundry into the Laundry Advanced System during exercise TRADEWINDS. The LADS washes and dries clothing for all exercise participants.

Sgt. Hector Degro, also of the 430th, discussed what he and his unit has learned supporting the exercise. "Organization and teamwork is very important. Everyday we learn something about teamwork, how to make the mission easiest for us. Every time you work you learn something, said Degro.

The 592nd Ordnance Company's Sgt. 1st Class Jacqueline Woosley, with the Ordnance Company's Mobile Kitchen Trailer (MKT), describes the various missions her detachment is assigned. "I have seven guys who are actually working at the ammo storage point. They're doing guard duty and issuing out all the bullets for this whole exercise and they're doing 24-hour shifts."

In addition to munitions support, the 592nd also deployed their MKT to provide meals during the exercise. With shifts beginning as early as 1 a.m. and working in temperatures that can exceed 125 degrees the mission is truly a team effort requiring support from across the Army Reserve. "We've got numerous units that just send a cook here and a cook there," Woosley added.

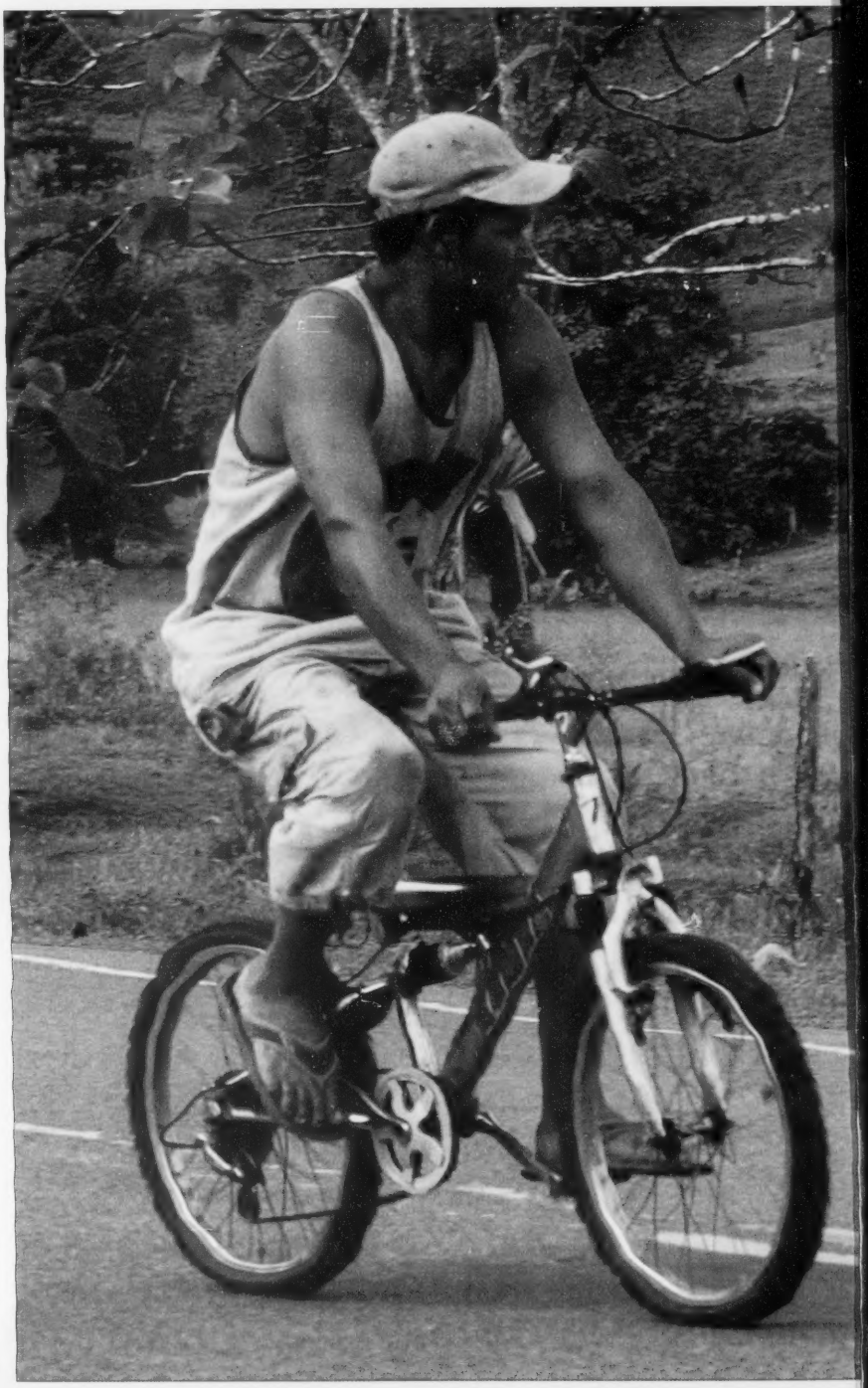
Beyond direct service and support, Army Reserve Soldiers provided training to coalition partners in the area of disaster preparedness. The 350th Civil Affairs Command, Pensacola, Fla., was assigned the challenging mission of training representatives from the 14 participating nations to handle disaster response. Col. Will Rosario, team leader of the Civil Affairs cell assigned to U.S. Southern Command, took a moment to discuss the role of his organization in the exercise. "Our intent here, as part of Marine Corps Forces South, is to share ideas, knowledge and skills on disaster relief and humanitarian assistance."

Also, the 314th Public Affairs Operations Center, from Birmingham, Ala., facilitated local and international media coverage and produced news stories for numerous military publications and outlets such as Soldiers Media Center, Navy/Marine Corps News and Defenselink.mil highlighting the operations in Belize.

Whatever the mission, Army Reserve Soldiers supporting TRADEWINDS '07 understood the importance of participating in and supporting training in peace time and how mission essential they are to real world combat missions.

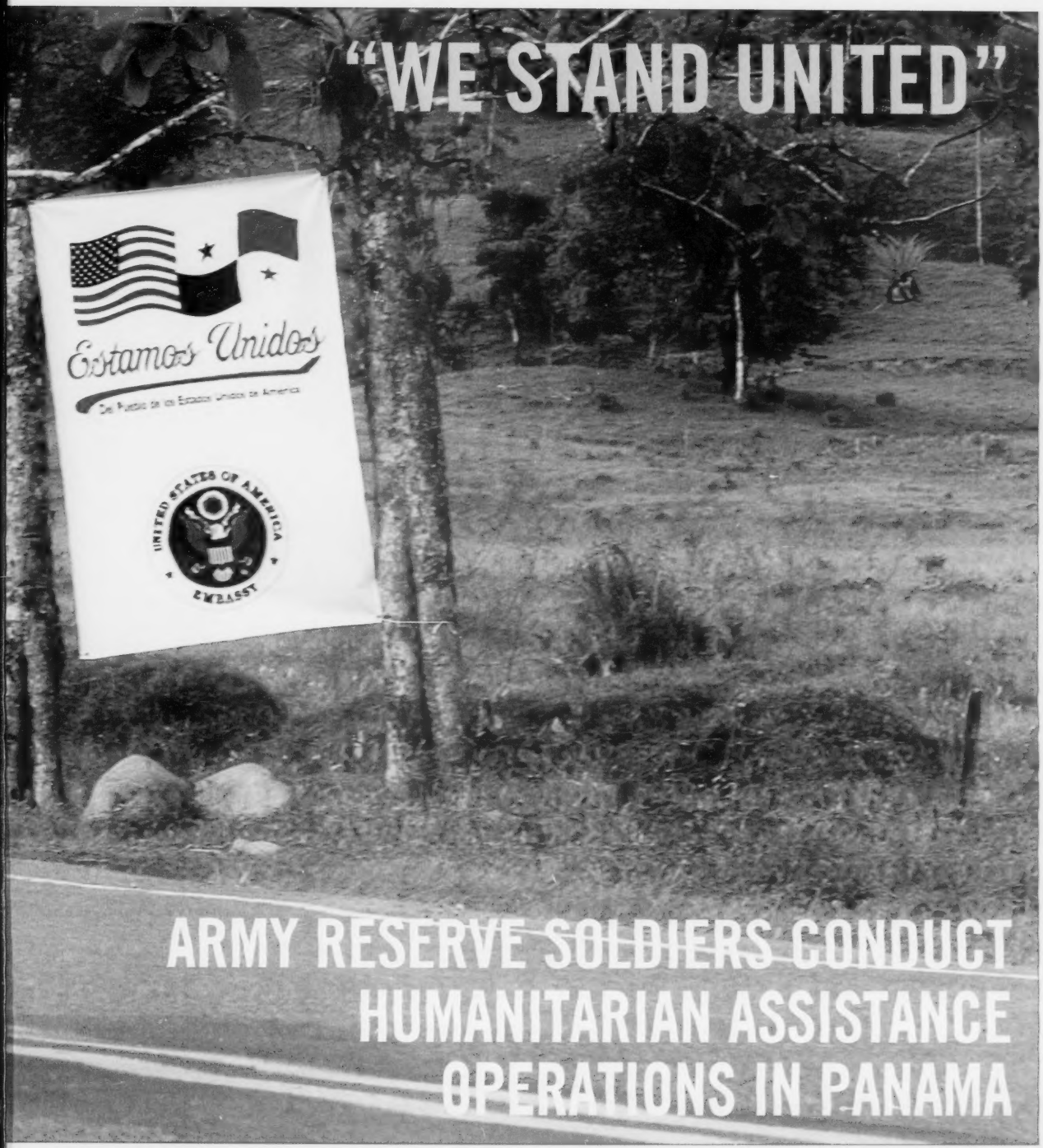
Ecord explained that the billeting, hygiene and food service support his unit provided contributed greatly to the training experience of all Soldiers and the goal of the 652nd. "Every day we try to make life better for the Soldiers we're supporting."

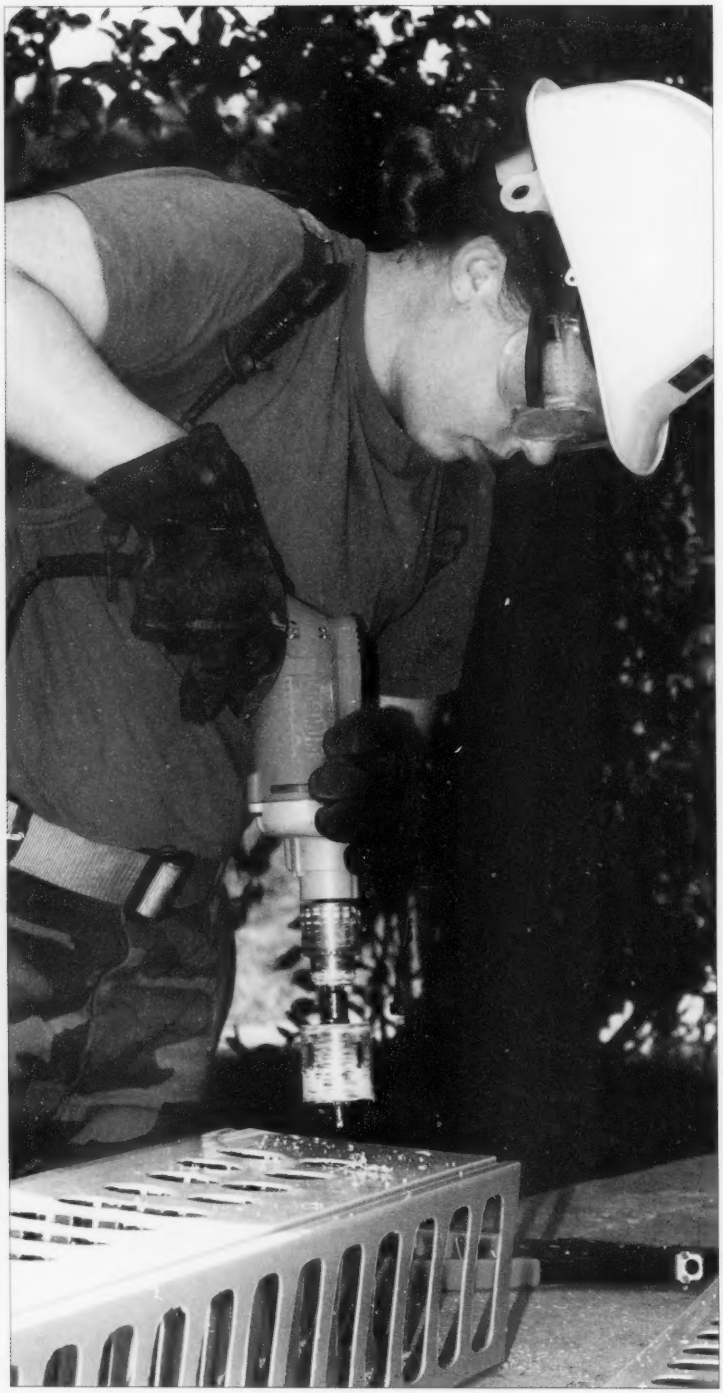
"ESTAMOS



A young Panamanian man peddles a bicycle past the road at Canazas, which will link the main highway through the region with the Canazas School. (PHOTO: JACK GORDON)

UNIDOS"


"WE STAND UNITED"
Estamos Unidos
UNITED STATES OF AMERICA
EMBASSY
ARMY RESERVE SOLDIERS CONDUCT
HUMANITARIAN ASSISTANCE
OPERATIONS IN PANAMA



JACK GORDON

Spc. Laura Daigle, Company C, 961st Engineer Bn., Milwaukee, Wis., uses a hole-saw to bore through resin-based polymer walls to ensure wet concrete will flow and fill every chamber before the walls are erected, plumbed and shore-supported.

By Jack Gordon
Army Reserve Public Affairs

JOINT TASK FORCE PANAMA BASE CAMP, RAMBALA, Panama — Ask any soldier what they're doing here, regardless of their assigned duty, and you're likely to get, in endless variations, the same answer – "I'm helping the people of Panama." And … they are.

"It's beautiful here … but it's horrible here," said Task Force Panama Commander Lt. Col. Thomas Jones. "This is exactly the kind of place where we should be—and this is exactly the kind of mission we should be conducting here, where it's so remote nobody else wants to." Jones is referring to the inherent natural beauty of Panama, especially here, where bays and lagoons are settled at the bases of gentle sloping land dotted with villages, all shadowed by towering mountains and triple-canopy jungle. The horror… is the poverty.

From Feb. 12 through May 20, 2007, thousands of Army Reserve Soldiers will, in seven rotations of two-week increments, conduct engineer and medical support training missions at selected sites in Bocas del Toro Province here, including the establishment and removal of the base camp that serves as an operational center for Nuevos Horizontes 2007. The base camp is self-sufficient and provides Soldiers with dining, laundry and bath, and rest facilities and services, as well as force protection from military police and Panamanian National Police (PNP).

"The seven rotations are designed to allow Army Reserve units an opportunity to conduct their battle training tasks during annual training here," said Jones, who volunteered for the duration staff position from his unit, the 961st Engineer Battalion, Milwaukee, Wisconsin.

Jones said "Estamos Unidos," which translates to "We Stand United" is not new in concept, but is providing today's Army Reserve soldiers with a refreshing

opportunity, especially since many of those now serving here are veterans of operations Iraqi Freedom or Enduring Freedom.

"It's a chance to come someplace and really provide a service," he said. "Most people who serve in our military want to serve and help, and here – they're able to do that in a purely positive way. Everybody here is glad to see us, and many of the (engineer) projects that are no big deal to us really make an impact on the lives of these people."

The road to the school at Canazas

Walking is a way of life here – everybody walks out of necessity. There are no yellow school buses so familiar in cities and small towns across America. Here, children walk to school, often for miles, or kilometers. Like many dichotomies existing here – wealth and poverty; beauty and economic despair; travel in Panama is measured in "klicks" but propelled in vehicles by gallons of gasoline—not liters.

The proposed road here, which will link the main highway through the region with the Canazas School about one kilometer distant, is now marked with orange, day glow spray paint. It passes between two occupied houses and when complete, will almost spread from doorstep to doorstep.

Judging from the volume of foot traffic it bears, both to the school, the village and beyond, an improved road will permit vehicle traffic. This existing "road"... won't.

"We're going to widen the path here by building up a berm to the road," said Staff Sgt. Christopher Dean, A Co., 844th Engineer Bn., Gray, Tennessee, who is serving as the project site NCOIC (Non-commissioned Officer In Charge).

Dean said the soldiers in his unit are using heavy equipment to acquire the necessary fill material—soil—to get the project started.

"We're using an excavator to pull material from the hill, then having a five-yard scoop loader load it in the dump trucks and haul it to the site," said Dean. "Then a 'D-7 dozer' spreads it out. We'll compact and grade it as we go."

The site poses a natural challenge too, since the land is marshy, it retains moisture from rains and has two streams traversing it. Both will require culverts to permit the water to flow beneath the road surface through them.

"We're going to get a good fill base of rock in there," Dean said, "and get the slope and flow set right on the culverts so they won't wash away during the heavy rains they get here. Then we'll cover the whole thing with dirt and compact it."

Working with such heavy machinery so close to the Panamanians, who are interested and often stop to watch the activity, presents another challenge—safety.

"We never have any piece of equipment moving on the project or near the houses without having someone right behind it," Dean said. "The PMPs are helping us with the traffic on the main road, and also with the language barrier. We have a translator on site, and MPs (Military Police) so there are always extra people here specifically for safety."

In spite of the obstacles and challenges facing him and his crew working the Canazas Road project, Dean is optimistic.

"Once we get this (road) opened up, a lot of change can happen here," he said. "It will definitely make things a lot easier for the people here, and the kids who walk to school. A lot of them walk a long way to get here (Canazas Road is a perpendicular intersection with the main highway), then have to walk another kilometer to get to school."

"Something like this gives us a chance to put it all together—to actually plan for and conduct a mission. It's a lot of planning and adapting trying to keep the project on schedule, but we're all learning a lot and we're helping the people here while we're doing it," said Dean. "The kids always smile and wave."

"I've been on a lot of different jobs in the Army and I feel good we're doing something here that will make someone else's life better. It makes me feel a lot better than paving a runway or improving a road on a military base," said Spc. John Garrett.

A much-needed clinic rises at Higueron

"At home, we assume everything. It's an eye-opener being here," said Spc. Jacob Brendall, C Co., 961st Engineer Bn., Milwaukee, Wisconsin.

Being in Panama marks the first overseas military service for Brendall, who said he has been in Central America before, but never "...this far south."

"The culture is interesting—seeing how these people live and how they make so much from so little," Brendall said. Brendall and other soldiers assigned to his unit are working the clinic project at Higueron, the site most distant from the base camp, about 45 kilometers of road that twists, turns and winds its way through some spectacular scenery.

"This project is a seven-room clinic," said Sgt. 1st Class Lon Stachowiak, also

JACK GORDON

A bulldozer operated by Staff Sgt. Nicholas Harrison, Co. A, 844th Engineer Bn., Gray, Tenn., moves fill dirt to shape a ramp leading from the main road onto what will be a secondary road to a school and village a kilometer distant at the Canazas School project.

Spc. Colin Maxfield (left) slides a specially-cut cinderblock to Spc. Adam Teaff across a ramp the two soldiers constructed as they build the "underground" portion of a three-stall restroom for the clinic at Molejones. The old structure still in use is adjacent to the new project. (PHOTO: JACK GORDON)

with C Co. "It's an RBS, or resin-based polymer system that has walls we'll stand and then pour concrete into the cavity. This is more structurally sound than what we see around us, a lot of wooden buildings made from wood cut by a chain saw using a guide. They do a phenomenal job given the limitations, but they're (indigenous dwellings in the area) just not as strong as this building will be."

Stachowiak said the structure will feature windows with bars for security, and internal louvers for weather and to aid in ventilation. Vents in the roof will facilitate better cross ventilation and the release of hot air from inside, making the new clinic much more climate comfortable than the existing buildings around Higueron, most of which are either open to the rains or hold heat.

The clinic will be a completely new addition and service to Higueron – and is badly needed since the site lies midway between the area's two cities, Chiriqui Grande to the south and either Almirante or Changuinola to the north, where the closest medical treatment facilities are located.

Aside from the obvious hands-on training and experience to be gained from an exercise such as "Estamos Unidos," Stachowiak sees a broader geography lesson in the soldiers' actual experience here.

"In Iraq, the general populace was welcoming, as it is here," he said, "especially the children. Here, they love to see us. They ask questions, just like we do – since it is a different culture for us and for them, as far as what our lives are like. It's an awakening to see how other people live."

As these soldiers sweat under oppressive heat unlike anything Milwaukee might ever offer, the walls to the structure are fastened into place. Rebar is dropped and wired in to provide additional internal support. Then begins the exacting task of leveling the walls to vertical and horizontal plumb while installing a bracing support system of wood to help the walls remain in place and prevent bulging when the concrete is poured. It's a lot of work, but it's worth it, not only for the training and sense of accomplishment, but for the people of Panama.

"I personally believe that a country cannot develop without two things," said

JACK GORDON

Stachowiak, "education and medicine, and that's what we're doing. Classroom space is very limited, so we're helping that (at the other sites) and the expanded opportunity for education will advance their culture. I take a lot of pride in this."

Building classrooms for Panama's schools ... and learning for soldiers

"We're building a school," said Sgt. 1st Class Melissa Cantrel, A Co., 844th Engineer Bn., Gray, Tennessee. Soldiers from her unit are cleaning the forms used by the previous rotation to pour the concrete slab on which the classroom will stand at the Nueva Estrella site, closest to the base camp and surrounded by pineapple fields.

Her unit was mobilized and deployed in support of Operation Iraqi Freedom in 2004, first at Camp Arifjan in Kuwait, then north in Iraq, where the soldiers built FOBs (Forward Operational Base), and ... cohesion.

"We're like a family," Cantrell said. "We know each other's strengths and weaknesses and we all know another one of us has our back. We're close and tight."

She feels the mission in Panama offers additional opportunity to excel not only in the Army, but in life.

"We're actually ambassadors from the United States on this mission," Cantrell said. "We're showing these people that we care and want to help them."

As the unit readied the slab, striking chalk lines to mark the walls, the soldiers parceled out the day's duty assignments.

"There's a lot of preparation to set the RBS," said Sgt. Robert White, also with the 844th. "We're cleaning and re-utilizing assets that are already on site. It lessens the expenditure and we're able to continue working and using the materials we have."

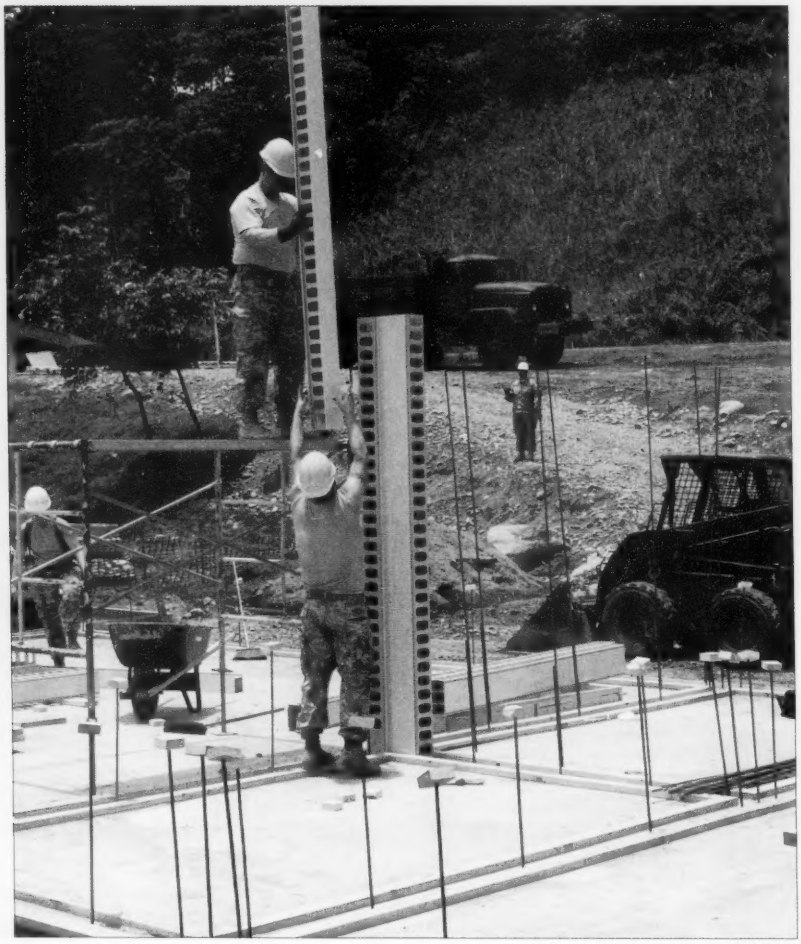
White, as well as being an OIF veteran, has seen more than his share of similar humanitarian assistance in Central America through his time in the service.

"I've enjoyed serving in the military," White said, "and I've been to a lot of places, like Honduras, Guatemala, El Salvador, Panama, Egypt, Germany, and the Mid East. I like to relate stories about my service to other people, and there is no shortage of stories. I wish they all could have seen what I have."

White said the senior, more experienced soldiers teach and train the younger and new in the 844th, and everybody is happy as long as the unit is collectively getting the mission accomplished.

"In the year I served in Kuwait, I missed my kids ... and they had grown when I came home," said White. "Now I'm away from home again, but it's good. This is a different exhilaration when you see the people here."

At the Molejones site, the classroom/school project was in a different phase, since different site construction phases are depen-



JACK GORDON

Top, Spc. Sarah Bein readies a section of the resin-based polymer walls for the Molejones school site. Bein serves with Co. C, 461st Eng. Bn., Milwaukee, Wis. Above, Maj. Steve Herod, Co. C, 961st Engineer Bn., stands the first of many vertical wall sections of what will become a clinic at Molejones. Soldiers slid the resin-based polymer wall sections over steel rebar that will solidify the walls after they are filled with concrete.

dent upon the productivity of the preceding rotations. Here, the slab was prepared and the RBS walls were being set. Soldiers from C Co. were working this site too.

"I'm doing a little bit of everything. We did the rebar yesterday and we're doing the walls today," said Spc. Sarah Bein.

A student in nursing school and doubling out as a waitress, Bein said she'd helped her father build small projects around the house before using hand tools, but she'd never done anything like what she was doing here. From the on-the-job attitude she exuded, a casual observer would never know.

"I'm learning to use a lot of tools I've never used before. It's hard work and it's very hot but it's fun too," Bein said, confessing she was sore the first few mornings after logging in long days at the site. Like everyone, she had personal sentiments about the mission.

"I value education," Bein said, "and these kids need every educational opportunity they can get. We're able to see them here while we're working so it's a good experience."

Nothing seems to rattle Staff Sgt. Patrina Bermudes, site NCOIC at Molejones, and she's equally comfortable directing the individual and team-assigned efforts of her platoon as she is grabbing a broom and sweeping the cement slab free of dust that might compromise the bonding of the concrete walls to it.

"We're building this two-classroom school and latrine to help these wonderful people, the Ngobe-Bugle Indians," Bermudes said. "There are more than 300 people living in this little community and they have to split the schoolday in half, so we're helping them."

Bermudes is driven to get the project back on track under her watch. She's happy to be here and isn't afraid to say so.

"It was 45 degrees when I left Milwaukee," said Bermudes. "It was in the 90s when we arrived in Panama … at night! I like the weather and I love the people here.

"I'm determined to get this project back on schedule so the next rotation can finish it."

Bermudas said Nuevos Horizontes has provided the chance for her to develop leadership in the troops under her charge, as well as coordinate their daily work efforts.

"Nothing happens the way you want to," she mused, "with regard to time, surprises or weather, but I'm managing three projects, so I can always go to other tasks within the projects to keep the progress moving forward."

NORTENO "We're mainly dirt-pushers …"

Before a floor slab is framed and poured, the site has to be prepped and leveled, then footers dug according to blueprint plans. Soldiers from four companies of the 463rd Engineer Bn., headquartered in Weirton, West Virginia, are serving through the rotations here, and getting a wide array of experience – from bottom to top.

"We're mainly dirt pushers," said Sgt. 1st Class Timothy Dillon, C Co., 463rd, "and when we got here we were expecting to be building a clinic and classroom/school – both vertical missions. But … there was a lot of horizontal work. We had to improve the road and build a river crossing just to get the equipment over here."

Dillon said the remoteness and natural obstacles required his soldiers to create a rock bed spanning a river to a height that permitted flow without damming, but shallow enough to permit the unit's vehicles to cross safely and without incident. In doing so, he completed another project beneficial to locals, who began using the access crossing too.

JACK GORDON

JACK GORDON

Top, an elderly woman watches the construction at the school being built at the El Norteno site. Above, Army Reserve Soldiers from Co. C, 461st Eng. Bn., are hampered by rain as they continue work on the school at the Molejones site.

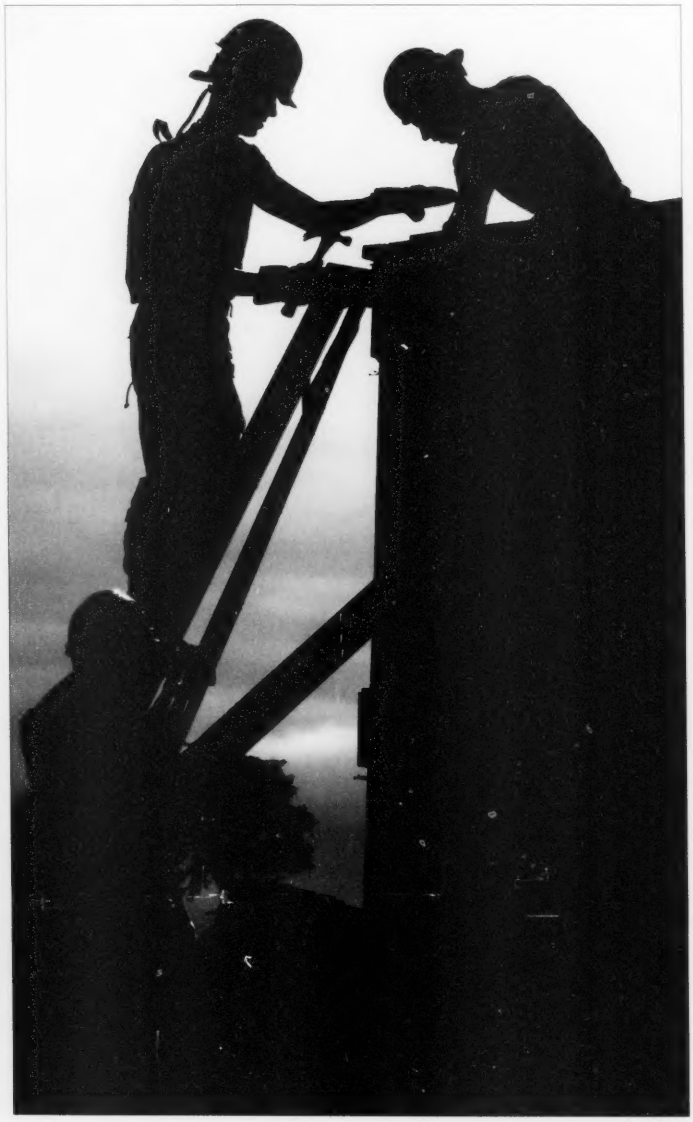
"The river crossing is helping," Dillon said. "Before the people were carrying everything across an existing, suspension foot bridge. Now a few of the vendor trucks are able to cross over and sell watermelons and pineapples."

Dillon said that after the crossing was complete, the unit improved the road back to the Norteno School and village, putting 120, 20-ton dump trucks full of soil on the road surface. He said the challenges posed here were good for leadership development.

"This environment is new to amost of our junior soldiers, and I have to remember that this is an annual training exercise and those junior soldiers need to get the experience running the heavy equipment and vehicles.

"I've been on similar mission in Honduras. I've also served on missions in Africa and Ethiopia, and a few tours Iraq of course, so that's what this is all about."

The Norteno site is perhaps the most "removed" site for Estamios Unidos, being further from the main road than the others. The school is the area's largest but still not adequate for the educational demographic. Clapboard dwellings and hutlike structures with thatched roofs surround the school area and trees reach as high as the mountains often covered in clouds. Lush tropical foliage springs from everywhere, and the sounds of Panama's bird echo through the air from morning until night.



JACK GORDON

Army Reserve Soldiers are silhouetted against a blue Panama sky at the Higueron school site as the work continues to support the plastic walls before the cement is poured.

"Our young soldiers were skittish at first, but the people here are really polite and friendly. Now everybody's waving and trying to talk to each other so it's good. Our junior troops are doing great. It's improving the soldier and the communities here," said Dillon.

After the site has been prepped and formed for the slab, the big event of the projects occurs – pouring the concrete. The heat and water availability both play critical roles in this phase of construction, and the slab must be square and level before further phases can be completed. Sgt. 1st Class Todd Clairborne, A Co., 463rd, has been up all night from the Norteno classroom/school pour.

His soldiers are still sleeping under a shelter that hosts community and school gatherings here. They are oblivious to the children who gather courage enough to walk up close and peer at them with curios eyes. A rooster sounds from somewhere in a banana grove.

Light has broken. Dillon is covered in mud and cement. He's smoothing over small patches of the slab where a chicken has tracked through before the sergeant major arrives to inspect, and hopefully approve, the pour.

"We're putting a lot into these projects," Clairborne said. "I had to motivate my soldiers to work outside of their MOS to meet the challenges here, and to come from behind. If we can get ahead on this project it will be one of those 'come from behind' victories, because we started out in the hole."

The 463rd is a combat heavy engineer unit and like Dillon said, it mostly "pushes dirt," but these vertical construction projects expand and diversify the skill sets of the troops here. It seems to be part of the plan.

"Whatever my mission, I try to look at the good in it," said Clairborne. "When we were in Iraq, there were things we were doing that assisted in the overall mission to stabilize the country. I see similarities here, in different surroundings and circumstances. It's much easier working here, without the full uniform, equipment, body armor and weapon like in Iraq, and it's the humidity here versus the dry heat of Iraq.

"I think this a positive mission in all regards. Concrete is new to me. I've only poured one small slab before, so it's been great for our first-timers, including me. I've just taken a vertical construction crew and poured a flat, concrete slab." In the distance … the rooster crowed again.

Norteno teacher and community chief extend heartfelt thanks to Army Reserve soldiers

"The children want to know why the soldiers are here – they asked and we explained that they are building us a new school with more classrooms," said Zuleika Caballero, a teacher at the Norteno School. Caballero teaches English, so she spoke to us briefly during the students' exercise period.

"There's not enough room at the school for the students," Caballero stated, so the first level children come in the morning and the higher tiers attend in the afternoon."

Like many teachers, Caballero said she stays near the school during the week, then returns to her home in David, about a three-hour drive, on weekends.

The village community has several chiefs, but William Clemente expressed his feelings about the facilities being constructed by Army Reserve soldiers here, through a translator.

"It's important to have this new school and clinic," Clemente said, "because even though we are using all the space we now have – it isn't enough. We are happy the Armerican soldiers are here helping us. We have been waiting a long time."

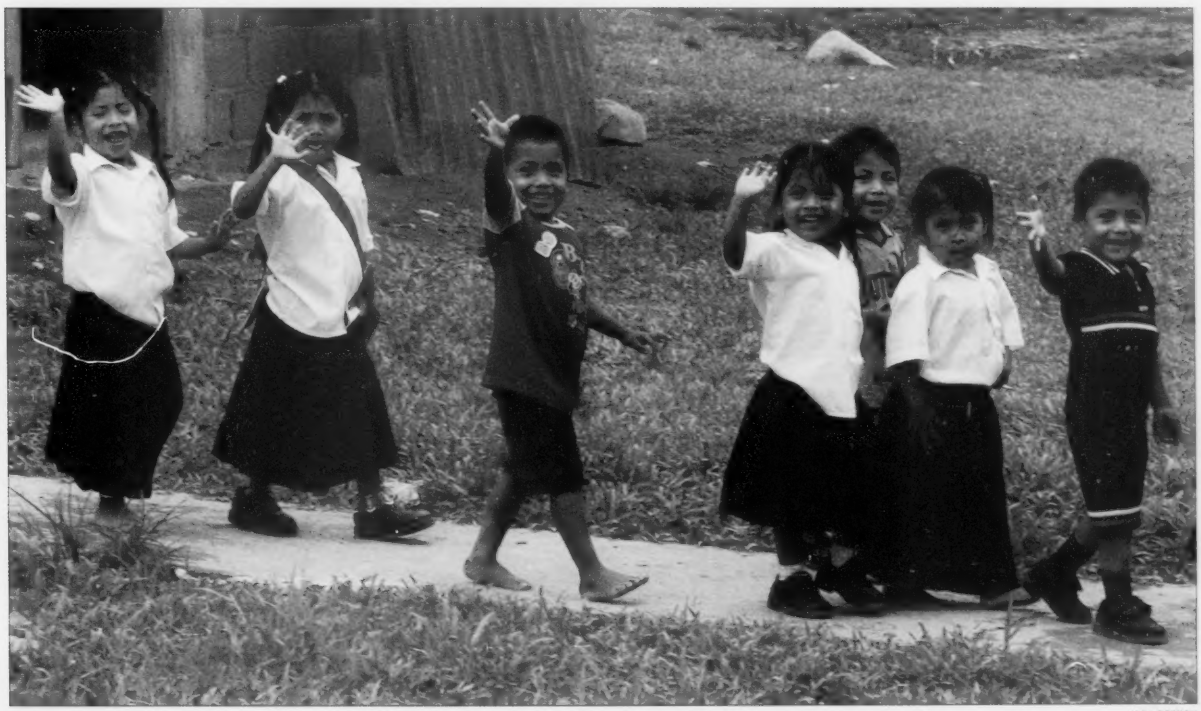
Maj. LindaSue Schwarz, 962st Engineer Bn., is serving as the duration staff operations officer. She commanded an engineer firefighting unit in Bosnia in 1998 and more recently served two years with a military police unit at Guantanomo Naval Base in Cuba. Her job during Estamos Unidos is organizing and coordinating the millions of details that must be addressed in order to make the overall exercise objectives successful.

"After a slow start and safety issues, I'm confident we can finish the projects on time," said Schwartz.

With only two rotations left and Panama's rainy season fast approaching, Army Reserve soldiers coming here will be, like those before them, adapting to overcome whatever obstacles and challenges are placed before them, and they'll be working toward the shared goal of the exercise effort—helping people in Panama to have better educational and medical facilities, all projects schedules aside—a thought not lost on Schwarz.

"This is the first mission I've had with a lot of interaction with the local population," she said. "You can see the positive impact we're having here on a daily basis."

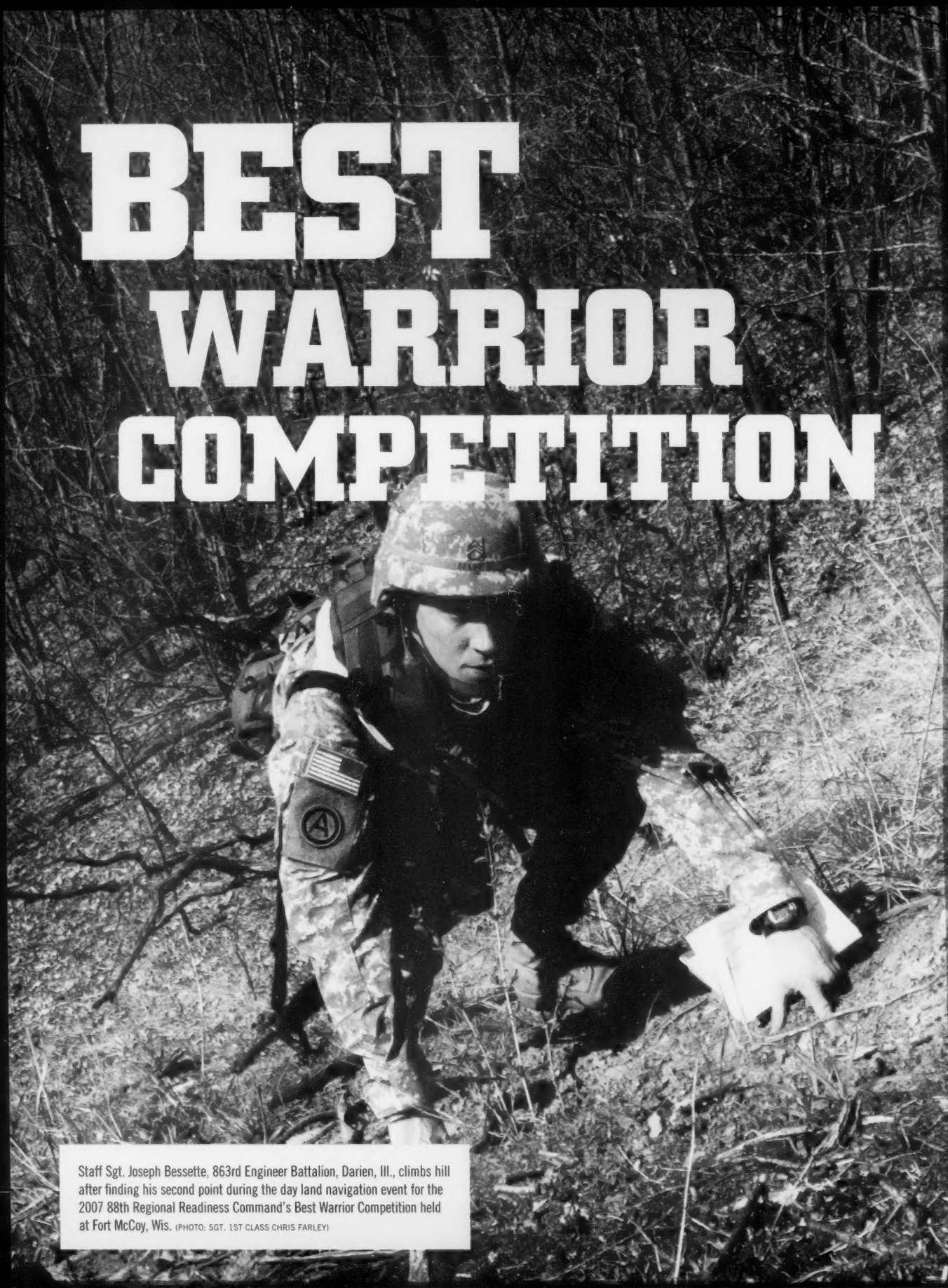
She's right. Just ask any soldier … any soldier.



JACK GORDON

Panamanian children attending the school at Norteno wave as they move from classroom to classroom.

BEST WARRIOR COMPETITION



Staff Sgt. Joseph Bessette, 863rd Engineer Battalion, Darien, Ill., climbs hill after finding his second point during the day land navigation event for the 2007 88th Regional Readiness Command's Best Warrior Competition held at Fort McCoy, Wis. (PHOTO: SGT. 1ST CLASS CHRIS FARLEY)

SGT. 1ST CLASS CHRIS FARLEY

Spc. Anthony Schmollinger, 646th Area Support Group, Madison Wis., reacts to simulated indirect fire by low crawling on the ground.

By Sgt. 1st Class Chris Farley
Public Affairs Office
88th Regional Readiness Command

FORT MCCOY, Wis. — It took him 27 minutes to find his first point during the land navigation event. It's a compass course that is densely populated with trees, leaves and broken branches. Four more points to find, then he can break for lunch and eat his Meals Ready to Eat (MRE).

For Staff Sgt. Joseph Bessette, 863rd Engineer Battalion, Darien, Ill., this was his third event out of seven during a long April weekend in the 88th Regional Readiness Command's (RRC) 2007 Best Warrior Competition (BWC). Bessette is one of 13 Soldiers competing in the BWC.

What was once called the "NCO and Soldier of the Year" competition was renamed and Soldiers now have to do more than make sure all the dust and lint was off of their Class A uniform for the appearance board.

Until recently, the BWC was one event, the appearance board.

The BWC tested candidates on aspects a Soldier encounters in a combat environment, said Command Sgt. Maj. Robert Stanek, BWC NCO in charge of operations and appearance board member.

The day before, each Soldier was given a multiple choice test on basic Army knowledge followed by weapon qualifications, warrior tasks and the appearance board.

SGT. 1ST CLASS CHRIS FARLEY

Sgt. Steven Vanstrein, 300th Military Police Brigade, Inkster, Mich., reacts to simulated indirect fire.

Day and night land navigation and the Army Physical Fitness Test (APFT) was day two of competition.

To say this year's competition had more than a few changes would be an understatement. In essence, the 2007 competition had a facelift to transform it to be more relevant to what the Army Soldier is today: a warrior and a war fighter.

As candidates advance to the next level of competition at the U. S. Army Reserve Command (USARC) or U. S. Army Forces Command, the BWC will progressively get harder. But this competition gives warrior contenders an idea of what they will face.

The event will hone the skills of those Soldiers who are selected to go on to the USARC warrior competition.

"I like the idea it [BWC] doesn't make a distinction between Soldiers and NCOs. It really is one competition. We're all warriors, there are just two categories in one competition," said Sgt. Theodore Bouthilet, 2006 Army Reserve Soldier of the Year. Bouthilet helped run the 2007 competition.

The BWC concluded with the appearance board. The appearance board weighed more heavily on points than all other events combined. If a candidate does not earn the maximum amount of points on weapons qualification or the APFT, they could still be named the Best Warrior if they do well on the appearance board.

The appearance board is the closest candidates will get to unfamiliar surroundings and dealing with something they may know but can't recall right away, said Command Sgt. Maj. Thomas Dunne, president of 88th RRC BWC board. "If we ran this board based primarily on just Soldier skills we would be eliminating and missing a certain part of being a whole Soldier."

Dunne said he was pleased with the Soldiers' sponsors, subordinate first sergeants and sergeants major and the amount of work they did to prepare their Soldier for this competition.

Sgt. Bernard Brock, 643rd Area Support Group (ASG) was named Best Warrior and Sgt. Randell Krug, 645th ASG was named Best Warrior NCO.

In the end, Bessette found his second point after negotiating the alpine mess that stood in his way. He was the first to finish by finding three points with his compass and one using a Defense Advanced Global Positioning System Receiver (DAGR). He noticed his Army Combat Uniform pant pocket was ripped after he tried to put something into it. ✪

SGT. 1ST CLASS CHRIS FARLEY

Spc. Joel Keith, Northern Engineer Brigade, Fort Snelling, Minn. performs first aid.

MEDRETS
AIDING PEOPLE'S NEEDS

By Staff Sgt. Roderick Turner
314th Public Affairs Operations Center

SAMANA, Dominican Republic — The 369th Combat Support Hospital (CSH) concluded their Medical Readiness Training Exercise (MEDRETS) with a closing ceremony held outside of the Los Cacaos Primary School in Samana, Dominican Republic.

For two weeks, U.S. Soldiers and host nation health professionals worked side by side in the joint training exercise that focused on providing deployment and exercise training for medical units in the U.S. Army Reserve. The exercise also provided a much needed medical relief to the people of Samana.

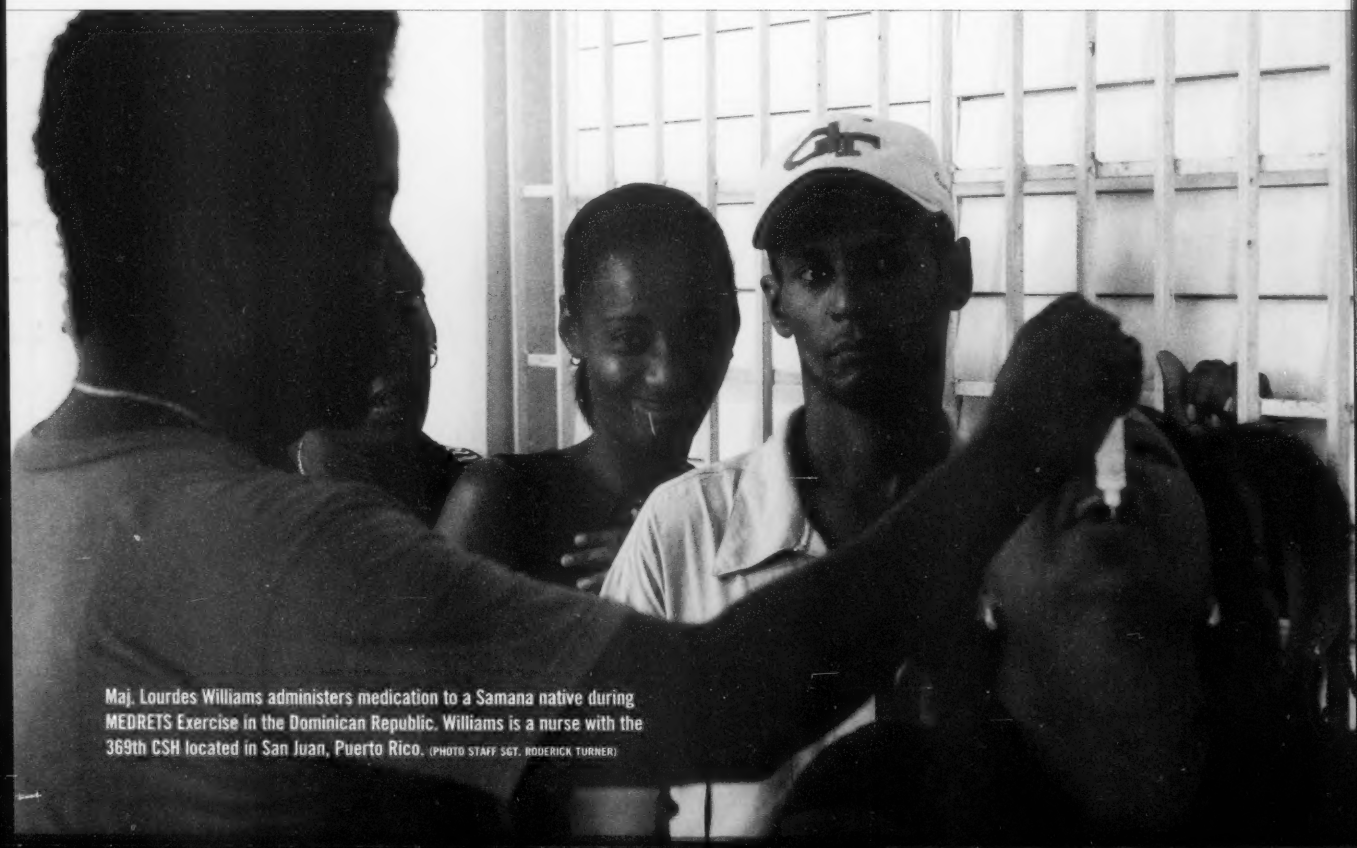
According to Maj. Fernando Santana, chief of the medical exercise branch, U.S. Army South, preparation for this exercise started a year in advance.

"Most of the preparation involves getting the unit ready in the pre-deployment phase," said Santana. "Force protection training and the Soldier readiness process aids in getting the unit ready for the MEDRETS. This is usually the longest part of the process."

Coordination between the U.S. Army and the host nation also takes place in the preparation phase to establish the type of personnel the host nation will provide for the exercise.

"We normally speak with the Ministers' of Health, Agriculture and Education of the host nation. They contribute doctors, nurses, dentists, veterinarians and assistance in translation," said Santana. "The host nation contributes the same amount of health professionals and security that we have coming over for the exercise."

The 369th CSH, located in San Juan, Puerto Rico, provided 32 personnel includ-



Maj. Lourdes Williams administers medication to a Samana native during MEDRETS Exercise in the Dominican Republic. Williams is a nurse with the 369th CSH located in San Juan, Puerto Rico. (PHOTO STAFF SGT. RODERICK TURNER)

ing doctors, nurses, and support staff, many of whom had participated in MEDRETS in the past. The unit has two valuable assets that make them attractive when selecting a medical reserve unit for this exercise.

"They meet the necessary pre-deployment requirements such as having passports and immunizations due to their past participation in MEDRETS," said Santana. "And they speak Spanish. Puerto Rico is very close to the Dominican Republic so culturally there is a real connection and nothing important gets lost in translation."

With the amount of people that came needing medical attention, translation was a major factor in ensuring that people received medical attention quickly and kept the exercise running smoothly.

"Between 500 to 1,000 people were seen on a daily basis during this exercise," said Lt. Col. Luz Rivera, officer in charge of MEDRETS. "Not having to use a translator meant more time to attend to the patients and less time waiting for someone to translate for us."

Many services were provided in this exercise such as dental, general medicine, preventive medicine and optometry. But the common theme among the people participating in this exercise was that more supplies were needed.

"I feel that we need to come more often to areas such as Samana" said Rivera. "We need to come more often and bring more medicine in the process."

Maj. Yolanda Anca, a nurse with the 369th CSH, said the pharmacy experienced a shortage in supplies as well.

"We definitely needed more medicine for these people," said Anca. "Everyone from toddlers to the elderly needed vitamins, antibiotics and aspirins and we didn't have enough to give to everyone."

"More equipment is needed," said Sgt. Melvin Ocasio, a medic with the 369th CSH. "We treated 88 to 95 patients a day. It was hard to see everyone when you only have two chairs to accommodate them.

Dr. Merarys Guzman, a Samana dentist serving in the navy, feels that her government could do more to aid in this exercise.

"I feel our government should be able to provide more health professionals that would like to help for a good cause," said Guzman.

"Personally this has been the most satisfying experience I have ever had," said Santana. "These people are not only receptive to Americans but American Soldiers. By doing these missions, our Soldiers have face to face contact with these people and the spread of goodwill is unbelievable."

"I have learned to appreciate the things I have back at home. These people have just a little bit but yet they always seem to be happy."

Even with all of the equipment, personnel and medicine shortages, there was personal satisfaction and gratification with those involved in the exercise.

"It is a very fulfilling experience," said Rivera. "I have learned to appreciate the things I have back at home. These people have just a little bit but yet they always seem to be happy."

"I get the satisfaction of knowing that we are doing a good job because people that are humble and poor tell us 'thank you' and 'we appreciate everything that you are doing for us'," said Ocasio. "They will bring us fruit and vegetables and in many cases this is their source of money. That makes me very emotional."

And the hard work put in by these Soldiers and host nation personnel did not go unnoticed by the Governor of Samana, Dr. Elsa A. DeLeon.

"It is great to see these two different factions working together for a common cause,' said DeLeon. "The hard work that was performed will go a long way and the people of our country are very appreciative of the medical services being provided here."

At the closing ceremony, the traditional exchanging of flags took place as well as the presentation of awards. The ceremony was attended by U.S. Ambassador Hans H. Hertell and Governor DeLeon.

STAFF SGT. RODERICK TURNER

Staff Sgt. Elizabeth Fernandez takes the blood pressure of a Samana native during MEDRETS Exercise in the Dominican Republic. Fernandez is a medic with the 369th CSH located in San Juan, Puerto Rico.

MAKING A DIFFERENCE IN TANZANIA

By Air Force Capt. Tony Wickman
CJTF-HOA Public Affairs

TANGA, TANZANIA — Peace through humanity.

The motto of the U.S. Army Reserve's 413th Civil Affairs Battalion exemplifies the Combined Joint Task Force-Horn of Africa (CJTF-HOA) mission of providing support to countries in East Africa to improve the quality of life and stop extremism from taking root.

A great example of this is in the Tanga region of Tanzania, where members of Team 415, Company B, 413th Civil Affairs Battalion, a U.S. Army Reserve unit based in Lubbock, Texas, are working diligently to help Africans help themselves. The Soldiers were cross-leveled from the 478th CA Bn., Perrine, Fla., for the Africa mission.

The small, four-person team is working in the northeastern area along the Swahili coastline of Tanzania to bring much needed aid to this poor region of Africa. Much of the work done by the team is assessing and completing projects that impact the local population's quality of life.

According to Maj. Mark Dobson, Team 415 leader, the majority of the team's efforts center on water, school and medical projects.

"We focus our efforts on projects that are important for an entire village or sub village," said Dobson.

Some of the ongoing projects the team is overseeing are replacing broken water pumps, drilling new wells or improving existing ones, repairing existing schools and clinics and building new infrastructures that support the needs of the local communities.

"Our challenge is to find projects that we can do that cost under the U.S. Central Command's humanitarian and civil assistance (HA/HCA) deminimus value of $2,500, which includes material and installation," said Dobson. "With inputs from the Tanzanian government, local officials and the U.S. Embassy, my team goes out and assesses projects that will get the biggest bang for the buck. We are working off a priority list established by the Tanzanian government that was approved by the U.S. Embassy, European Command, Central Command and CJTF-HOA."

One such project is the Kirare Primary School, which provides education to more than 600 boys and girls from the villages of Tundaua, Kirare and Mtambuuni. Built in 1972, the facility has not undergone any renovations and much of the facility is in disrepair. The school's corrugated iron roof has holes ranging from two inches to two feet in each classroom, its windows are open with no mesh screens, its doors do not properly close and have gaps in them, and the concrete floor has large holes exposing the dirt underneath.

All of these structural damages make it hard for the teachers and students to achieve an environment that is conducive to learning. By making these structural improvements, the team felt it would increase student tentativeness and graduation rates for both males and females.

It is also much appreciated by the school's faculty.

One of the eight teachers assigned to the school is very happy to have the Tanzanian government, regional leadership and CJTF-HOA helping to repair the school.

"I am very happy to have these repairs done, it will be good for teaching and learning," he said.

The team's assessment is that the school will last quite a long time since it is the only one in the area and the three villages help with routine maintenance and cleanup. They are very proud of this school and realize this is the future for their children.

PARTNERSH

By Maj. Steven Moon
362nd Public Affairs Detachment

NIAMEY, Niger — Engineer Soldiers from the Army Reserve's 368th Engineer Battalion, Londonderry, N.H., spent 30 days in Niamey, Niger in March 2007 training side-by-side with engineer soldiers and airmen from the Nigerienne army and air force in the erection of one of four buildings at the Exercise Reception Facility (ERF). The results of their efforts were concrete partnerships and friendships developed between the builders from both countries; shared knowledge, skills and construction techniques; appreciation of the unique environmental conditions required in building structures in Niger and the pride of accomplishing a sturdy structure in harsh conditions.

"This was a great opportunity," said ERF Project Officer and Manager, 2nd Lt. Justin Belford, 368th Engr. Bn. "We worked closely with the Nigerienne army and air force. They were very supportive and highly motivated. It was a great partnership. Soldiers from both countries learned a great deal from one another," said Belford.

One of the key objectives of the training was to share construction knowledge, skills and techniques. Soldiers from the Nigerienne military shared unique brick and mortar techniques they use due to the extreme heat, harsh dry climate and persistent sand. Conversely, 368th Soldiers taught Nigerienne soldiers and airmen standard U.S. techniques in roofing and electrical wiring. All were pleased with the training.

"This was a good experience," beams Spc. Brian Herman, carpenter and mason, Company C, 368th Engr. Bn. "These guys are hard working. I really enjoyed working with them. They are very friendly and helpful."

Spc. Andrew Smith, electrician, Co. B, 368th Engr. Bn., echoed that feeling, "These guys were very competent. This is especially true when we tapped into the base's main power grid. These guys were invaluable. This was a great mission. I hope the 368th comes back here every year."

PING WITH NIGERIAN MILITARY

Nigerienne soldiers and airmen expressed the same admiration for their American counterparts.

Speaking through an interpreter, Cpl. Ahmed Agali said, "I like the Americans. They are hard working and gentle people. I've learned a lot from them."

Soldiers from both countries appreciate the opportunity to train together and develop strong bonds but more importantly they realize the importance of the ERF in counterterrorism efforts worldwide and in Africa specifically.

"Our assistance here and the completion of this facility will help Niger address threats from terrorists as well as threats from within and on their borders," said Belford. "We are helping them as well as ourselves in fighting terrorists worldwide. The fight against terrorists is not limited to Iraq and Afghanistan. It is a worldwide problem for everyone."

The ERF project is funded by Headquarters, U.S. European Command (EUCOM) in support of the Trans-Saharan Counterterrorism Partnership Program (TSCTP) and being hosted by the government of Niger. The ERF will help enable Niger to respond to threats within and across their borders as well as develop a sustained counterterrorism capability in the region. It will also build and sustain a strong partnership between Niger and EUCOM as well as strengthen and sustain security and stability of the TSCTP countries. More importantly, it aims to enhance the military capability of Niger to stem the flow of illicit drugs, goods and people, and to deny terrorists and terrorist organizations from seeking or establishing sanctuaries or resources in the Trans-Saharan region.

The facility will service all visiting EUCOM Soldiers, Airmen and Marines in support of future training with the Nigerienne air force and army. By utilizing the ERF, partnering nations' militaries will be able to identify, test and document shortfalls and strengths in the San Saharan region. Because of the rise of asymmetric warfare worldwide, EUCOM's engagement strategy in Africa is a vigorous, multi-faceted approach that takes into account military training and assistance at all levels. Africa is of vital importance to the international security environment. The United States and EUCOM are committed to robust engagement with African nations and institutions that foster stability and democracy. Future Sun-Saharan assistance will take the form of military-to-military joint training exercises, humanitarian assistance projects such as medical, dental and veterinary clinics and civil affairs assessments. All of these are designed to institutionalize regional cooperation among regional security forces to promote democratic governance, discredit terrorist ideology and reinforce bi-lateral military ties.

The whole experience for both the Nigerienne soldiers and the Soldiers of the 368th Engr. Bn. is summed up by Spc. Josh Fager, Co. B, 368th. "This is unforgettable. I was surprised at the training and especially impressed by the Nigeriennes. They were always happy."

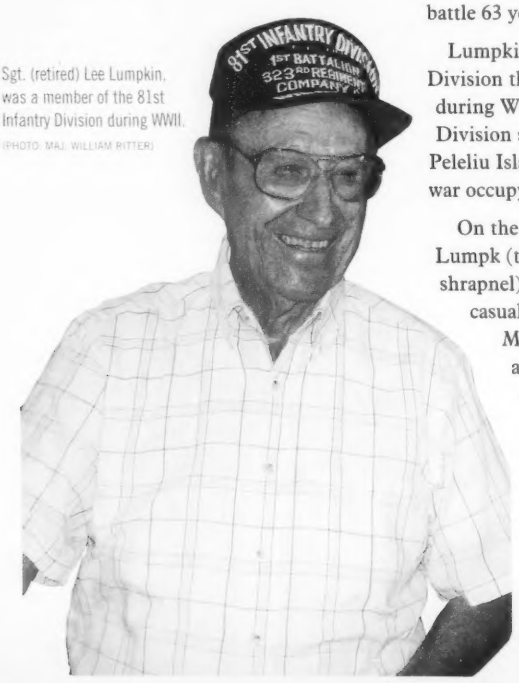
MAJ. STEVE MOON

Spc. Andrew Smith (left), electrician, 368th Engineer Battalion, Londonderry, N.H., and Nigerienne Cpl. Ahmed Agali, tie rebar for the construction of the horizontal pillars for the Exercise Reception Facility (ERF) building #1 in Niamey, Niger.

LOST, FOUND, WWII CANT
RETURNED TO HONOR ITS

MAJ WILLIAM RITTER

Sgt. Lee Lumpkin's canteen cup, and other WWII military memorabilia.



Sgt. (retired) Lee Lumpkin, was a member of the 81st Infantry Division during WWII.
(PHOTO: MAJ. WILLIAM RITTER)

By Maj. William Ritter
Public Affairs Office
81st Regional Readiness Command

(Editors note: Maj. William Ritter was one of the 81st RRC Soldiers that presented Sgt. Lumpkin with his WW II canteen.)

YORKTOWN, Va. — During the Memorial Day season, Americans reflect on the memory of those lost during our nation's wars. On Memorial Day weekend 2007, Soldiers of the 81st Regional Readiness Command (RRC) honored a member of our "Greatest Generation" in a more personal manner in Yorktown, Va.

Members of the 81st RRC traveled from Birmingham, Ala. to Yorktown, to meet retired Sgt. Lee. R. Lumpkin, 86, a local resident. They came to present Lumpkin his canteen cup, shot-up in the horrors of battle 63 years ago on the Island of Peleliu.

Lumpkin was part of the 81st Infantry Division that served in the Pacific theater during World War II. The "Wildcat" Division saw action on Angaur and Peleliu Islands before finishing up the war occupying Japan after the surrender.

On the cup was the name Lee R. Lumpk (the "in" was blown out by shrapnel). The cup was found during casualty excavations on Peleliu by Mr. Kageyama (first name not available), the son of a Japanese major who was killed in the battle. When Dan King, a Japanese military historian in the United States, learned of this he requested the cup so it could be returned to its one time possessor, Lumpkin and he could arrange some sort of presentation. Through contacts in the 81st Infantry Division Association, King was able to determine that Lumpkin was alive and living in Virginia.

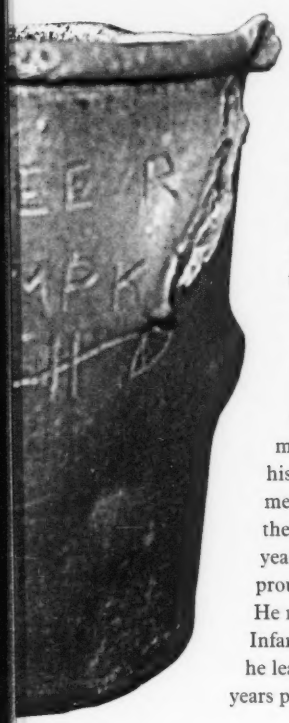
Prior to the ceremony, all had the opportunity to mingle. Soon, the presentation of the cup became the secondary purpose of their visit, however, as the current 81st Soldiers became enthralled by the stories of their 81st ancestral Soldier.

Several of the 81st RRC Soldiers visiting Lumpkin had seen combat in Iraq, but the stories he told seemed unimaginable even in light of the horrors they witnessed there. Dr. (Lt. Col.) John Boyd, 81st RRC historian and an Iraq War veteran stated, "When Sgt. Lumpkin and the 81st Infantry hit the shores of Peleliu, they were facing an enemy that was dug in. They were in caves and concrete pill boxes waiting for them. It is a true testament to the courage of Sgt. Lumpkin and his fellow Soldiers that enabled them to triumph is the face of tremendous chaos and adversity. Nothing we face in today's warfare can compare to that," said Boyd.

The fierceness of the warfare the "Wildcats" experienced is still reflected in

EEN CUP
OWNER

Lumpkin's voice. "It does bother me that my best buddies that I was with for three years got killed and I was the lucky one that didn't. I could have gotten killed so easily," he said. Lumpkin's voice cracked as he talked about the loss of his comrades, Soldiers he too was paying homage to during this time of remembrance.



Sgt. Lee Lumpkin's bullet riddled canteen cup was formally return to him during Memorial Day observances 63 years after he lost it during the battle for Peleliu Island in the South-Pacific. (PHOTO: MAJ. WILLIAM RITTER)

Everything about Lumpkin's demeanor exemplified the "greatest generation." He was a true patriot worthy of high admiration. As they drove up to his house, they were greeted by his red, white and blue mail box. Inside his home, his medals earned on the hellish beaches years before were proudly displayed. He recited the 81st Infantry fight song he learned 60-some years prior as he trained for his deployment to the South Pacific. And yes, the bullet-riddled canteen cup, that may have saved his life, was proudly displayed.

MAJ WILLIAM RITTER

Staff Sgt. Brian Horgan, 81st RRC, and WWII color guard re-enactor, stands at attention as Col. Margret Boor, 81st RRC Chief-of-Staff, talks to the Soldiers honoring Sgt. (retired) Lee Lumpkin, a member of the 81st Infantry Division during WWII, during Memorial Day celebrations at his Yorktown, Va. home.

But what made Lumpkin great was his humbleness. Though the 81st Soldiers were there to recognize him, he repeatedly thanked them for their service. He thanked them for taking time out of their schedules to come and present him with his battle-tarnished cup. He even got choked up when he spoke of interacting with today's Soldiers.

"Every time I see some service members, I'll go up and shake hands with them because that's what we have to do, to be behind them to do their job," Lumpkin said. "You young fellas keep up the good work. I know you will."

As the morning wore on, the 81st Soldiers formally presented Lumpkin with his holey canteen cup, dug up during casualty excavations on Peleliu. The cup was returned to Dan King, a Japanese military historian from a Japanese friend who discovered the cup while searching for Japanese was dead.

They offered other tokens of their appreciation as well, but none seemed adequate for what they were trying to say to this old 81st Soldier and the millions of other service-members they wanted to honor with their actions that day. The opportunity to share stories, some amusing and some sad, helped all Soldiers bond regardless of when they served.

As it turned out, a simple hand-shake and a thank-you was all this Wildcat, or any Soldier wants.

"I was never as surprised in my life as the day I got this cup. The fact that you wanted to come up here and present it to me means so much," said Lumpkin.

FIRST RESERVE SOLDIER RECEIVES SILVER STAR FOR VALOR IN AFGHANISTAN

WASHINGTON, D.C. — Staff Sgt. Jason Todd Fetty became the first Army Reserve Soldier to receive the Silver Star for service in support of Operation Enduring Freedom. He received the award for his heroic actions in thwarting a homicide bomber attack during a dedication ceremony at Khost Hospital, Afghanistan. Since the Vietnam War, only two other Army Reserve Soldiers have earned Silver Stars, which is conferred solely for valor in the face of the enemy.

"Staff Sergeant Fetty's actions demonstrated commitment, selfless service, and personal courage.," said Lt. Gen. Jack C. Stultz, Chief, Army Reserve. "This Warrior-Citizen is a great American hero who put his life on hold—and on the line—to defend our country and our freedoms. The sacrifices Army Reserve Soldiers and their Families make every day make a difference in people's lives"

On Feb. 20, 2007, while assigned to the Civil Affairs Team, Joint Provincial Reconstruction Team Khost, Combined Task Force 76, Fetty attended a ribbon cutting ceremony for a new emergency room that his team had built at Khost Hospital in Afghanistan. When he identified a suspected bad guy among the gathered dignitaries, Fetty approached the man, confirmed his suspicions and held the bomber at bay long enough for the crowd to clear. As soon as a clear line of fire was established, Fetty and his fellow Soldiers fired on the attacker, bringing him down. While on the ground, the terrorist reached under the doctor's coat he wore as a disguise and detonated his bomb. Fetty suffered shrapnel wounds to his face and body from the explosion, for which he was awarded a Purple Heart. His actions stopped the terrorist from reaching his intended targets and no one other than the bomber was killed.

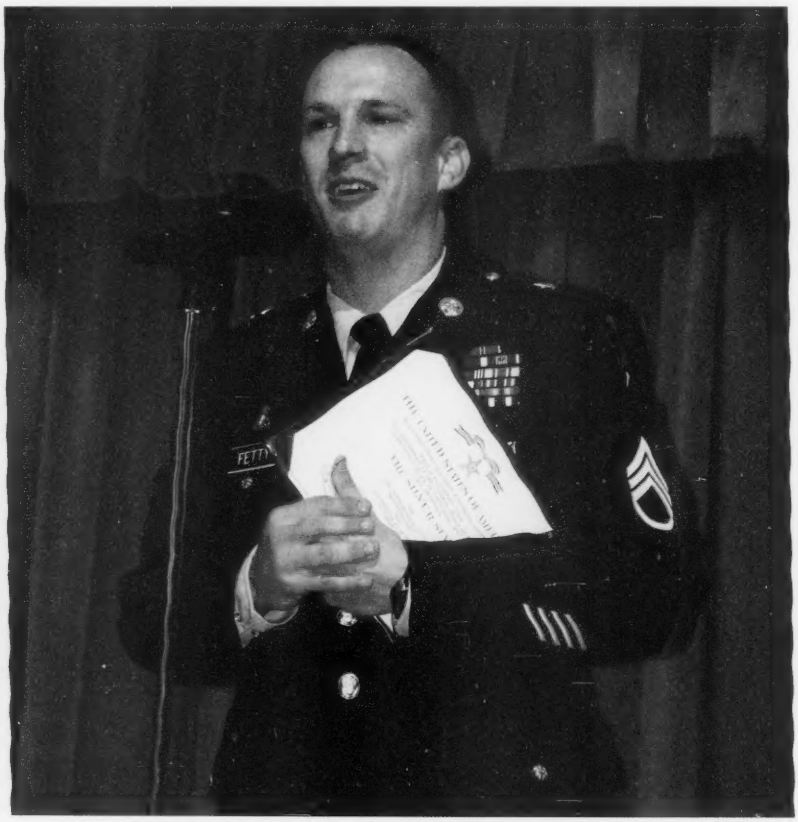


PHOTO: U.S. ARMY

Staff Sgt. Jason Todd Fetty

"In this situation, I didn't have time to think – I could only react, relying on my Army Reserve training and the faith that my fellow Soldiers were supporting me," said Fetty. "I took caution not to fire at the suicide bomber and risk hitting the innocent Afghan civilians who we were there to help. I did what any other Soldier in my situation would have done; I'm just proud to be able to serve my country."

Shortly after Fetty left active duty after five years in the Army, he joined the Army Reserve as a pharmacy specialist. The West Virginia native is assigned to the 339th Combat Support Hospital, Coraopolis, Penn. In April 2006, Fetty completed four months of training and deployed to Afghanistan with a civil affairs unit.

AR AVIATION'S BEST

By Maj. Jerry Gray
Army Reserve Aviation

NEW ORLEANS — Lt. Col., Walter Bradley, a veteran aviator with more than 2600 flight hours and 300 combat hours, and commander of Company B, 7th Battalion, 158th Aviation Regiment, was recognized May 15, 2007 as the 2006 USAR Troop Program Unit Aviator of the Year. The President of the Military Officers Association of America, Vice Admiral Norbert R. Ryan Jr., U.S. Navy, retired, presented Bradley with his award during the U.S. Army Reserve Command's Senior War Leaders Council in held in New Orleans.

Bradley's unit, a CH-47D (Heavy Lift) Chinook helicopter company, was recognized as the 2006 USAR Aviation Unit of the Year. Bradley accepted the unit award from Gen. Doug Brown, then commander of U.S. Special Operations Command, MacDill Air Force Base, at the 2007 Army Aviation Association of America annual convention held in Atlanta, May 11, 2007.

Company B, 7th Battalion, 158th Aviation Regiment, was the first Army aviation unit to deploy to Pakistan for "Operation Lifeline" following the devastating earthquake that killed more than 70,000 people. On the second day of their mobilization, the unit received a mission change to divert from Afghanistan to Pakistan for relief and rescue operations. Nineteen days after receiving the change of mission from Operation Enduring Freedom to Operation Lifeline, the Spartans deployed aircraft, supplies and Soldiers half way around the world and were conducting relief and rescue operations in Pakistan.

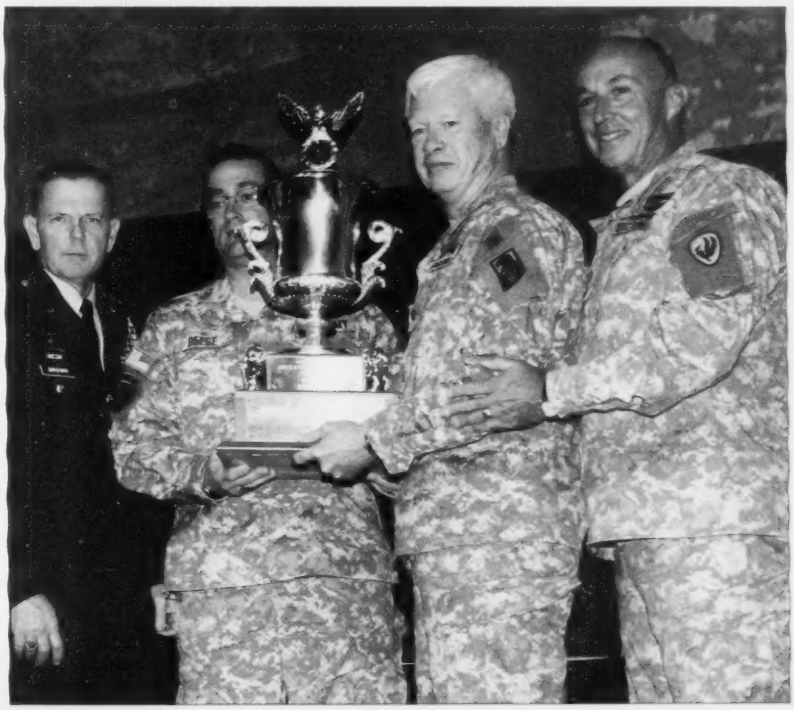
Company B Soldiers saved thousands of lives in Pakistan. During "Operation Lifeline" in Pakistan and the Enduring Freedom mission in Afghanistan, the unit literally rewrote aviation history by flying Chinooks to never before seen altitudes. They flew 7,728 accident-free hours while delivering more than 25 million pounds of cargo, rescuing more than 4,000 refugees, evacuating 300 casualties and conducting 65 combat operations. The Chinook unit maintained an operational readiness rate of over 80 percent and never cancelled a mission due to maintenance. They conducted simultaneous 24/7 combat and humanitarian relief operations from four locations in two countries. The unit returned home with a spotless record of no lost lives, no injuries and no accidents.

Soldiers from the aviation unit and their Family members gathered in a movie theatre in February to view the premiere showing of a PBS documentary entitled "Kansas to Kandahar" made by embedded reporters in the aviation unit. The screening was the highlight of a weekend of activities that officially welcomed home the "Spartans."

Ninety minutes of compelling video documented the deployment of the Olathe, Kansas-based unit on its record-setting mission. The film chronicles the hard work of the unit's Soldiers on the warfront and the coping of their Families on the home front. The film captures the controlled chaos as the unit members work in a frenzy to prepare their helicopters for transportation aboard a huge C-5 cargo jet.

The documentary has breathtaking aerial scenes of the mountains, terrain and the earthquake destruction in Pakistan. It includes combat operations in Afghanistan to include insertion of Special Forces Soldiers and the capture of insurgents.

The latter portion of the film depicts the Company B Soldiers shifting away from the humanitarian effort to their original combat support mission in Afghanistan and, eventually, their safe return home.



Lt. Col. Walter Bradley, second from right, and his first sergeant, Russell Reece, Company B, 7th Battalion, 158th Aviation Regiment, proudly display the 2006 USAR Aviation Unit of the Year trophy presented by Gen. Doug Brown, then commander, Special Operations Command. At right is Maj. Gen. Virgil L. Packett II, commander of the U.S. Army Aviation Warfighting Center and Fort Rucker, Ala.
(PHOTO: MAJ. JERRY GRAY)

MAJ. GEN. HAWKINS RECEIVES PRESTIGIOUS NAACP AWARD

PHOTO: U.S. ARMY

Maj. Gen. John R. Hawkins III

By Capt. Aaron Jenkins
318th Public Affairs Operations Center

DETROIT — During his more than 34 years of service as an Army Reserve officer, Maj. Gen. John R. Hawkins III, has earned his fair share of medals and awards.

While he is grateful for all of the recognition he has received through the years, Hawkins was recently presented an award that, in his eyes, takes the top spot on his mantel.

The National Association for the Advancement of Colored People (NAACP) bestowed its highest honor upon Hawkins by presenting him the Roy Wilkins Renown Service Award.

"Receiving this award is humbling. I am grateful beyond belief. Of all of my military accomplishments, this means the most to me," Hawkins said after being recognized at a dinner during the NAACP's national convention, which was held in Detroit, Mich. in early July, 2007.

The award was established in 1980 to recognize members of the Armed Forces who embody the spirit of equality and human rights. It is named for civil rights activist and NAACP Executive Secretary Roy Wilkins, who created the organization's Armed Services and Veterans Affairs Division to support African Americans in the military.

Hawkins currently serves as the Assistant Deputy Chief of Staff for Personnel (G-1). He is responsible for the overarching guidance and execution of human resources at the Department of the Army as well as Senior Advisor at the Army Diversity Office.

Hawkins' selection for the award serves as a testament to not only his military service but other aspects of his life as well. In addition to his military service, Hawkins is a member of the Greater Washington D.C. chapter of 100 Black Men of America. The mission of 100 Black Men of America, Inc, is to improve the quality of life within communities and enhance educational and economic opportunities for all African Americans. He is a regular participant in the Saturday Leadership Academy and Monday night tutoring in inner city schools in Washington D.C. and has also personally tutored, mentored, and counseled in inner city schools in St. Louis, New Orleans, and Los Angeles. Hawkins is also involved with Habitat for Humanity in North Carolina.

"Members of the military serve and are not employees. Serving is an endeavor of the heart," he explained. "Serving your country doesn't stop when you take off your uniform. Your serving as an example is the most effective way of influencing our youth to do the right thing."

Hawkins and his wife reside in the Washington D.C. area. They have two children; John Hawkins IV, of Washington D.C., and Mercedes Hawkins, of Tampa Bay, Fla.

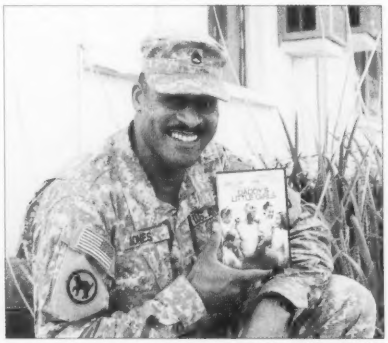
LIFE ON THE BIG SCREEN

By Mass Communications Spc. 1st Class Mary Popejoy, USN
Combined Joint Task Force—Horn of Africa Public Affairs

DJIBOUTI, Horn of Africa — A majority of the leading men in Hollywood play military roles at some point in their career, but for one actor finding the inspiration to play a Soldier is easy to do.

With 20 films under his belt, Staff Sgt. Leland Jones, deployed forward with the 554th Adjutant General Company serving as postal supervisor, has taken on roles that have mirrored his personal life with roles such as a preacher, father, coach and doctor. His unit of assignment is with the 81st Regional Readiness Command's 678th Personnel Services Battalion, Nashville, Tenn.

"Each character I've played has been a part of me," said Jones. "I haven't had to dig real deep to find character inspiration."



MC1 MARY POPEJOY, USN

Staff Sgt. Leland Jones displays a copy of his latest movie "Daddy's Little Girls."

Jones' film credits include "Daddy's Little Girls," "Broken Bridges," "Domestic Disturbance," "The Naked Truth" and "The In Crowd" to name a few. He's also made it big on the small screen starring in such shows as "Kenan and Kel," "Mama Flora's Family" and "Flash." And, he hosts a radio show called "Faith and Fame" on the Gospel Music Channel.

As a working actor, it would seem ideal for him to live in Hollywood near his agent, surrounded by the paparazzi and walking the red carpet for film premiers, but for Jones, happiness is living in Atlanta and serving his country when called upon.

"Acting is business, and it simply occurs in between all of the other things I do," he said. "I don't ever allow one element of my life to touch another, so it never gets in the way of something else."

With his latest movie, "Daddy's Little Girls," premiering at the Oasis Theater at Camp Lemonier, Jones will soon be a local celebrity signing autographs, which puts him into an "uncomfortable spotlight" that he's grown to accept.

"Camp is a very small place," said Jones. "There's no place to hide and that makes it almost uncomfortable, which is why you have to sit back and say let's have fun with it because there's nothing private about being an actor."

FULLFILLING A DREAM

By Paul Adams
Army Reserve Public Affairs

From wrestling on the boy's team in New Jersey in her senior year in high school to competing in the 2007 World's Wrestling Championships (Women's Freestyle) on Sept. 22, in Baku, Azerbaijan, 1st Lt. Leigh Jaynes, 26, is fulfilling her dream to compete in the 2008 Olympics.

Jaynes won first place in her weight class (59 Kg. / 130 lbs.) in the World Team Trials in June 2007 in Las Vegas. She won the U.S. National Championship in April 2007 which propelled her to the number one ranking in her sport and weight class for women.

As a member of the World Class Athlete Program (WCAP), she is one of three women on active duty for women's free-style wrestling. Jaynes trains at the U.S. Olympic Training Center in Colorado Springs and with her Army coaches at Fort Carson, Colo.

"The standards are high for this program, however, I know being out here training with the best in the world, my wrestling knows no boundaries. I just keep a strong mind and never let anybody tell me I'm not good enough, because I am," Jaynes said.

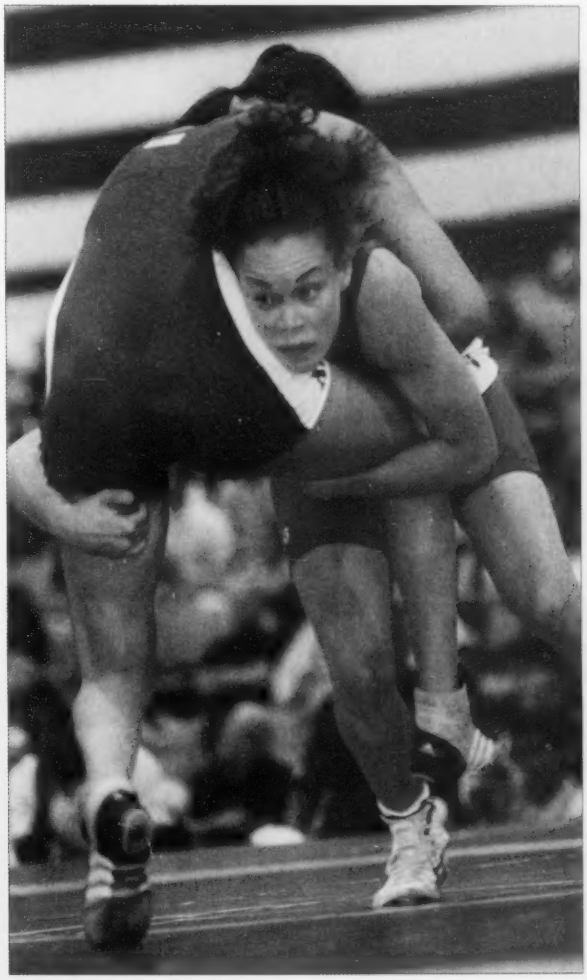
Jaynes is an Army Reserve Soldier assigned to the 5502nd U.S. Army Hospital in Aurora, Colo. where she is the S-1/S-3 for the unit. She enjoys the Army Reserve and is considering making the military a career. "I have my degree in Exercise Health and Fitness and my masters in Business Management. I may want to start my own business someday, but, right now I am leaving my options open," Jaynes said.

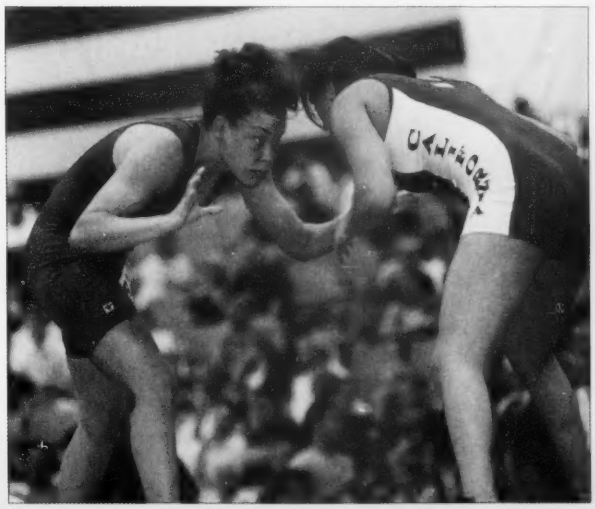
Jaynes has come a long way in her quest to represent the United States in Women's Freestye Wrestling at the 2008 Olympics. In high school she faced adversity wrestling the men, as each day in the wrestling room was a challenge. A few of the assistant coaches and wrestlers were not that thrilled to have a girl in the room.

"There was no mercy for me, no pity and no breaks for me. Wrestling filled a void in my life. It is a passion that has given me the strength to overcome even the toughest of life's challenges," Jaynes said. She finished as a high school all-American.

Jaynes was also a successful wrestler at Missouri Valley College, holding the number one ranking in her last year.

With another successful wrestling year in 2008, Jaynes is poised to one day see her dream of becoming a world champion and an Olympic Gold Medalist.





Wrestling for the U.S. Army in the World Team Trials, 1st Lt. Leigh Jaynes sizes up her opponent, Tatiana Padilla, before executing a double leg take-down from the clinch, above. (PHOTOS: PAUL ADAMS)

USARC WARRIOR-CITIZENS SHOW TRUE SPIRIT IN "BEST WARRIOR" COMPETITION

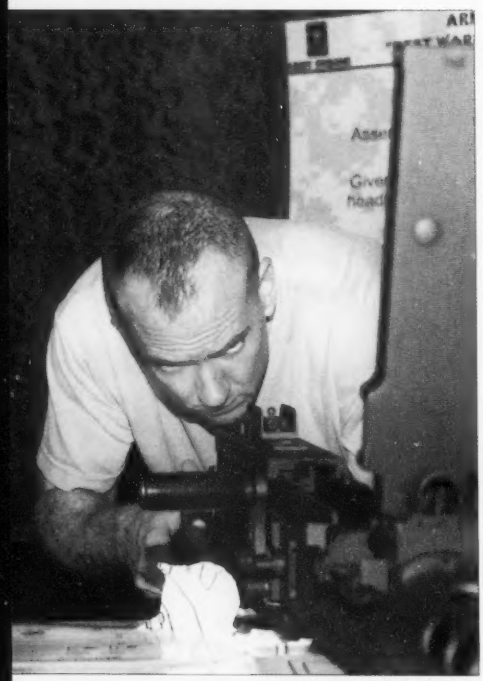
By Timothy L. Hale
Fort Lee Public Affairs Office

Could you endure the physical and mental challenges it takes to be the Army's top NCO or Soldier?

One pair of U.S. Army Reserve Soldiers found out just how much one's body, mind and spirit can take in pursuit of that goal.

Sgt. Edward J. Chisholm and Spc. Brian J. Hancock competed with 24 others during the Department of the Army's NCO and Soldier of the Year "Best Warrior" competition held recently at Fort Lee, Va.

Though they were not chosen as the overall winners to represent the Army, both Chisholm and Hancock exhibited the true Warrior-Citizen spirit and are a shining example for Reserve Soldiers serving at home and abroad.



JORGE GOMEX, FORT LEE PUBLIC AFFAIRS

Competitor Spc. Brian Hancock assembles crew-serve weapons

JORGE GOMEX, FORT LEE PUBLIC AFFAIRS

Competitor Sgt. Edward Chisholm negotiates a barricade as part of a reflexive fire exercise.

"My motivation is to represent all of the Reserves and prove that we are not just 'weekend warriors'," said Chisholm, representing the 323rd Maintenance Company, 94th Regional Readiness Command, Devens, Mass.

A native of Woburn, Mass., Sgt. Chisholm has served in the Army for four years and is a light wheeled vehicle mechanic. He is currently pursuing his bachelor's degree in criminal justice from the University of Massachusetts-Lowell. His civilian goal is to become a Massachusetts State Trooper.

"The best warriors are those putting their lives on the line for us now—any award I win can only be held in trust for them. It is a great honor that I do not take lightly," said Spc. Hancock, a psychological operations specialist with the 304th PYSOP Co. in Sacramento, Ca.

Spc. Hancock has served in the Army for nearly two years. He is married with one daughter. He is currently pursuing his master's degree in Business Administration.

Hancock added, "I want to be the best Soldier, Citizen, and Father that I can be—and when it becomes my turn to lead, to teach others to be the same."

This was the sixth year of the DA-level competition which falls under the Sergeant Major of the Army, Kenneth O. Preston.

The five day competition pits the each Warrior not so much against each other as it evaluates them against Army standards.

These Warriors faced rigorous tests that challenged their Soldier skills, qualities and abilities in every aspect. Events included an APFT; completing a written examination on general military topics and a written essay on an assigned topic; firing M-4 rifles for qualification; negotiating day and night Urban Warfare Orienteering courses; being evaluated in a number of critical Warrior Tasks and Battle Drills and the ever-challenging Mystery Event.

The Warriors also faced selection boards in front of their Army peers. Sergeant Major of the Army, Kenneth O. Preston chaired both the Soldier and NCO selection boards, along with six senior command sergeants major from throughout the Army. The boards evaluated each Soldier's appearance, military bearing and knowledge in a number of key areas.

A MESSAGE ON AR-RAP FROM THE CHIEF, ARMY RESERVE

Dear Soldiers, Family Members and Friends,

My number one priority is to fill our ranks with quality Soldiers through the Army Reserve Recruiting Assistance Program (AR-RAP.) AR-RAP is a community based recruiting program for Army Reserves Soldiers to talk to people they know in their community. I'm sure everyone knows someone in their community who can benefit from this program.

The Army Reserve implemented the AR-RAP to directly assist the Army Recruiting Command meet their Army Reserve recruiting mission. This program allows Army Reserve Soldiers and Active Guard and Reserve (AGR) Soldiers to support AR-RAP during off-duty hours through a civilian contractor to assist recruitment into local Army Reserve units.

AR-RAP is a critical element for the success of the Army Reserve recruiting mission. Every Soldier is Recruiter. I encourage all Army Reserve Soldiers, Department of the Army Civilians and AGR Soldiers to continue to support this program so we can continue to grow our ranks and reach our strength goals.

Since the beginning of the program on June 15, 2007, there have been many Citizen-Soldiers who have made significant contributions to the Army Reserve by participating in this important program. Recruiting Assistants have identified and nominated numerous potential Soldiers from their own communities. Many of these potential Soldiers have proceeded to take the oath of enlistment and joined our ranks in defending our Nation.

I am proud of your dedication and service to the Army Reserve. I personally thank you for your continued support and success with AR-RAP. For more information regarding AR-RAP, log onto to the AR-RAP **https://ar-rap.com/**.

Jack C. Stultz
Lieutenant General, U.S. Army
Chief, Army Reserve

MESSAGE FROM THE NATIONAL COMMANDER, VETERANS OF FOREIGN WARS

Just last year, the VFW joined forces with the Army Reserve with both parties signing a Memorandum Of Understanding (MOU) to work in harmony in expanding outreach support programs for Reserve Soldiers and their families. In signing the agreement, Lt. Gen. Jack C. Stultz, chief, Army Reserve, praised the VFW for joining the fight to take care of his Soldiers and their families.

I feel a veteran is a veteran no matter if he or she is active duty, in the National Guard or in the Army Reserve. And it is our duty—and our honor—to ensure our deployed servicemen and women that we – the VFW –promise to take care of the families they leave behind when they are called to active duty, as well as continue in the fight for better veterans' benefits and entitlements for our Reserve members.

We encourage Army Reserve and National Guard Soldiers to visit a service officer with the VFW's National Veterans Service program for help in filing for VA benefits.

The VA does have specialized resources but you often need help in finding those services. The VA system is too difficult to interpret for a service member to file a claim without professional help. Our service officers help unravel that red tape and get to the heart of the entitlement. Last year alone our VFW service officers helped veterans recover more than $1 billion dollars in VA compensation and pension claims.

We find out—via the support centers—who needs assistance. That helps us resolve emergency issues before they escalate into bigger problems. The MOU is valuable in helping identify service members and their families who do need help."

For more information, please visit: **http://www.vfw.org/**.

George Lisicki
National Commander
Veterans of Foreign Wars

Got Empty Pockets?

Begin earning up to $2000

for each new Army Reserve Soldier you enlist TODAY!

Check out the benefits of AR-RAP:

- Prompt payments
- Ability to nominate Non-Prior Service, Prior Service and Direct Commissioned Officer referrals
- Earn credit for nominating friends and family
- Work with an ARCC of your choice

Recruiting Assistance Program

NEW!

ARMY RESERVE
100 YEARS STRONG

Visit www.AR-RAP.com or call (866) 837-2541 for more information

U.S.ARMY

Editor
U.S. Army Reserve Command, Public Affairs
1401 Deshler Street SW
Fort McPherson, GA 30330

PRESORTED
STANDARD
US POSTAGE
PAID
Louisville, KY
Permit #336